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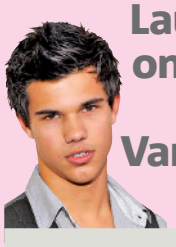
## Celebrity Buzz



Lautner on bulk and Van City
pg 26

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# Billionaire charged with confining woman

KRISTEN THOMPSON
kristen.thompson@metronews.ca

**COURT** A Vancouver billionaire and former owner of the now-defunct Harmony Airways has been arrested and charged with confining a woman in his home last December.

It's alleged that Ting Kwok Ho, better known as David Ho, 57, met a woman on a chat line, picked her up and brought her to his home on Dec. 28, 2008.

"At approximately 4:45 the following morning, the woman … indicated that she wanted to leave, and it is alleged that Mr. Ho prevented her from doing so," said Insp. Rob Rothwell.

The woman called 911 but wasn't able to provide the dispatcher with her location, Rothwell said.

"It's alleged a struggle then ensued with Mr. Ho, during which the victim sustained bruising, scrapes and injuries. She did, however, successfully escape the home. Unfortunately in doing so she sustained a fractured ankle."

Neighbours called police after hearing the victim's screams.

Ho has been charged with unlawful confinement, as well as assault, weapons and drug-related charges.

The victim's identity has not been released.

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JEFF HODSON/METRO VANCOUVER

Prince of Pot Marc Emery hugs his wife, Jodie, during a press conference outside B.C. Supreme Court in Vancouver yesterday. Emery surrendered himself for extradition to the U.S.

# Emery's tearful goodbye

## 'Unrepentant' cannabis crusader turns himself in for extradition

JEFF HODSON
jeff.hodson@metronews.ca

**With his wife Jodie at his side, Prince of Pot Marc Emery ended his last press conference as a free person yesterday by raising his hand to his temple and saluting supporters outside B.C.'s Supreme Court.**

"I feel proud about everything that I've done," Emery told reporters before he entered the Law Courts and surrendered himself for extradition to the U.S.

"I don't feel bad about anything. I won't be repentant. I won't be apologizing to any judge … My only regret is that I couldn't do more."

Emery, 51, will be extradited — a process that should take about a month — as part of a deal that will see him plead guilty in a Seattle courtroom to one count of conspiracy to manufacture marijuana.

Emery said he faces a five-year prison sentence in an "alien jail," but added he could be back on the streets in a year's time if he is transferred back to Canada to serve his sentence.

The longtime pot activist was arrested in 2005 at the request of U.S. agents for allegedly selling marijuana seeds through the mail.

"I'm being made to pay," Emery said. "I did sell those seeds so that people could overgrow the government."

He claims he gave away $4 million, from 1994 to 2005, in support of marijuana advocacy and political campaigns.

He is the leader of the B.C. Marijuana Party, the publisher of Cannabis Culture Magazine and the owner of the Cannabis Culture Headquarters store on Hastings Street.

"I'm the Prince of Pot for a good reason," Emery said. "I've probably run the largest scale revolution that has no bodies. There are no victims, no dead people in my revolution that is fronted by a beautiful plant."

## Breast cancer survivors tell their stories

**AWARENESS** A breast cancer diagnosis means shifting gears in life, it doesn't mean the end of the road.

Jo-Anne Merrell

Jo-Anne Merrell took nearly two years off work to fight the disease, and said having breast cancer was the best and worst thing that ever happened to her.

Her story, and that of another Vancouver-area survivor on page 3.

KRISTEN THOMPSON/ METRO VANCOUVER

## News on the Move

**What's this barcode for?**
*Learn how to scan the barcode with the instructions at the top of pg 3*

## Metro Goes Pink

**In support of October as Breast Cancer Awareness Month, Metro Canada has gone pink. Check out our special report on Breast Cancer Awareness on page 15, as well as page 3 in our local news section.**

## Entertainment pg 22

Arctic Monkeys chill out

## On the web

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**Mexican Riviera** Christmas FROM **$671** + taxes & fees $72
**INCLUDES** 7-night cruise over Christmas, onboard meals & entertainment. Sail roundtrip from Los Angeles and visit Los Cabos, Mazatlan and Puerto Vallarta. Port charges included. **UPGRADE** to oceanview cabin from $16 per night.

**Orlando** Cruise & Stay FROM **$899** + taxes & fees $185
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**Miami** Cruise & Stay FROM **$1199** + taxes & fees $209
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**Fiji** Starter Package FROM **$998** + taxes & fees $340
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**Auckland** Starter Package FROM **$1498** + taxes & fees $359
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**Coral Coast & Castaway Island** FROM **$2279** + taxes & fees $340
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**Varadero** 4-Star FROM **$647** + taxes & fees $196
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**Mayan Riviera** 4.5-Star FROM **$748** + taxes & fees $264
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# Local

## Top dancers coming to Garage

**The Top 10 dancers in So You Think You Can Dance Canada will hit GM Place on Nov. 27 during the second stop of their national tour. Tickets to see the finalists, including Vancouver's Emanuel Sandhu, left, go on sale this Saturday at 11 a.m. at the box office and Ticketmaster.**

METRO VANCOUVER

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## News in brief

**EI** In Vancouver, 37,500 people received benefits in July 2009, up 22,000 from July 2008, according to Statistics Canada figures released yesterday.

**INQUEST** An inquest into a vehicle crash that killed three farm workers near Abbotsford in 2007 will be held in December.

**SALMON** Salmon are spawning well in the Nicola river, cknw.com reports. After a year with little snow melt and drought, a general order to stop siphoning water from the river is helping breeding.

**WARNING** High-risk offender Thomas Edward Wilkinson, 49, from Fort St. John, is on probation after serving three years for sexual interference with a young girl, and police warn he may be headed to Vancouver.

**SNOW** Meteorologists are calling for snow on the Coquihalla Highway between Merritt and Peachland today, and on Allison Pass between Merritt and Princeton. METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

**Video** Cirque founder and "space clown" can't resist the urge to perform at **metronews.ca/canada**

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# Cancer survivors share their stories

## Women learned to adapt after diagnosis

KRISTEN THOMPSON
kristen.thompson@metronews.ca

**In the nearly two years Jo-Anne Merrell spent battling breast cancer, she missed her fair share of work, holidays and special events.**

But when it came time for her daughter's high school graduation, she put on a headscarf and carried her weary body to the ceremony, determined not to let cancer keep her from that moment.

Merrell, a two-time breast cancer survivor, will be participating in the Canadian Breast Cancer Foundation's annual CIBC Run for the Cure in Vancouver this weekend.

She said the first time she was diagnosed, there was a "real urgency" to go back to normal life, but when she was diagnosed the second time, she re-evaluated her priorities.

It was at her daughter's graduation that she was approached by another cancer survivor, who gave her much-needed hope.

"She said, 'Years ago, they told me to get my affairs in order, and I'm still alive today.' That woman left a mark in my life. It really empowered me," said Merrell.

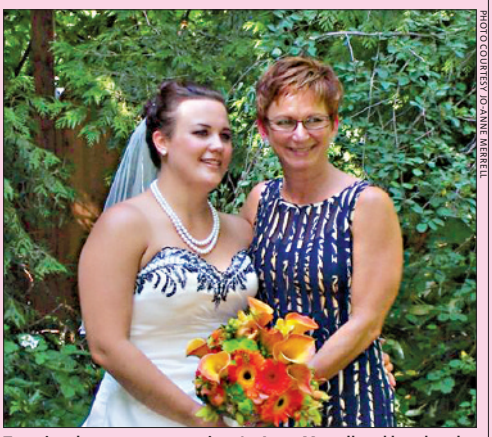

PHOTO COURTESY JO-ANNE MERRELL

Two-time breast cancer survivor Jo-Anne Merrell and her daughter, Bridget, at her wedding in July.

Sandy Parson, from Abbotsford, survived breast cancer last year, and said it's a catch-22 that when you're sick you need the comfort of consistency, but because you're sick you can't have it.

"Every summer we would make a road trip to Winnipeg and Saskatchewan. I couldn't go the summer of my radiation," Parson said.

"I felt sorry for myself, because it's something that we always did, and I missed (seeing) family."

Parson said being sick was also difficult on her husband, who is disabled and couldn't do small things to comfort her, like make her tea.

"You just have to adapt," Parson said. "Now I don't take every day for granted, and I don't take our relationship for granted, because we might not have tomorrow."

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# Jean urges peace-building at forum on Olympic Truce

VANCOUVER 2010 Games

**BURNABY** Canada's Governor General was named honorary patron of the 2010 Olympic Truce yesterday.

The truce, which aims to inspire peace through sport, is based on the ancient Greek tradition that was revitalized in the early '90s.

Gov. Gen. Michaëlle Jean, who took part in a youth forum on the Olympic Truce at the Ismaili Centre in Burnaby, asked the crowd of about 100 high school and university students to "make a firm commitment to building peace."

"I believe that sport, like art, has the power to unite us around this ideal (peace) to which humanity has aspired since the dawn of time," Jean said.

VANOC CEO John Furlong said the program is based on the idea of letting athletes pass safely to get to the Games.

"Over the past number of years, there have been situations in some countries that, without co-operation, the athletes may not have made it to the Games," he said. "And that's what this aims to do." JEFF HODSON/ METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER

Gov. Gen. Michaëlle Jean signs a guestbook at the Ismaili Centre in Burnaby yesterday.

## Man's skull fractured after random attack

**CRIME** A Vancouver man was taken to hospital with fractures to his skull after being the victim of what appears to have been a random attack near Second Beach pool, police said yesterday.

The 31-year-old victim, who said he walks the seawall every night with a cup of tea to unwind, was attacked between 8:30 and 8:45 on Sunday evening, said Const. Lindsey Houghton.

"He was approached by one man and two women," Houghton said.

"The man asked why (the victim) pushed them. The walker, who was quite confused, said he didn't push anyone, at which point the three people began to viciously assault him."

Police were called by a passerby who saw the victim laying on the ground. No suspects were found.

"There's no indication at this time that there was any hate motivation or bias related to this," Houghton said. KRISTEN THOMPSON/ METRO VANCOUVER

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**Films showcase B.C.'s best**

Fifteen films showcasing B.C.'s diverse regions premiered at Vancouver International Airport yesterday. They will play on select video screens throughout YVR and online at yvrconnections.com, leading up to — and during — the Vancouver 2010 Olympic Games period. METRO VANCOUVER

## News in brief

**SHOOTING** A man found shot beside a car in a Burnaby parking lot spent yesterday recovering in hospital. Police are trying to determine if Sunday night's shooting was targeted.

**RCMP** The man shot and killed by Mounties on Saturday has been identified as First Nations member Rodney Shane Jackson, 35.

METRO VANCOUVER

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# Shot men known to RCMP

**Gang investigators in B.C. say two men gunned down in Mexico were involved in the drug trade, and had been on the radar of gang investigators before they were found shot to death in a Puerto Vallarta condo complex.**

Sgt. Shinder Kirk of the RCMP's Integrated Gang Task Force said yesterday that Gordon Douglas Kendall and Jeffrey Ronald Ivans, who were found shot to death in Puerto Vallarta on Sunday, were known to police in B.C.

"We have been aware of them for some time now," Kirk said. "We also knew of some of their recent activities in Mexico as well, centring around the drug trade."

THE ASSOCIATED PRESS

### Mexico shootings

- Last summer, two Vancouver-area men involved in the drug trade as members of the UN Gang were also gunned down in Mexico.

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## Two charged after assault on homeless man

KRISTEN THOMPSON
kristen.thompson@metronews.ca

**COQUITLAM** Two young men from Coquitlam have been arrested in connection with an assault on a homeless man in Vancouver early yesterday morning.

The 37-year-old victim was near Commercial Drive and Grandview Highway around 12:30 a.m., when he was approached by a man yelling that he was the police, said Const. Anne Longley.

"The homeless man was then pushed to the ground by this man. He managed to get up, only to be pushed down a second time by another man.

"These two men then started to go through his belongings, tossing them around. Luckily, a witness … yelled at the two men and called police."

Ronald John Sovick, 20, and a 17-year-old youth, whose name cannot be released, were arrested nearby and charged with assault.

The victim was not injured.

## B.C. to adjust flu program for H1N1

Flu Outbreak

**STUDY** British Columbia is joining other provinces that are delaying part of their seasonal flu shot programs this year.

Dr. Perry Kendall, the province's chief medical officer of health, said the decision is in part due to concerns raised by an unpublished study suggesting people who got a seasonal shot last year were more likely to catch swine flu this year.

In November, when the pandemic vaccine is available, the seasonal program will be stopped and the H1N1 vaccine will be offered.

THE CANADIAN PRESS

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**Court asked to step into Air Canada dispute**

The Federal Court of Canada is being asked to step into a dispute between pilots at Air Canada and the Canadian Human Rights Tribunal. At issue is a tribunal decision that called into question the retirement age provision of the collective agreement between the Air Canada Pilots Association and the airline. THE CANADIAN PRESS

# Canada

## Teen's murderer sentenced to life

**A 19-year-old man who pleaded guilty to killing a 14-year-old girl because of his girlfriend's intense jealousy was handed an adult sentence of life with no chance of parole for 10 years yesterday. David Bagshaw was just shy of his 18th birthday when he murdered Toronto teen Stefanie Rengel, left, on New Year's Day 2008. He pleaded guilty earlier this year to first-degree murder while his girlfriend at the time, Melissa Todorovic, now 17, was sentenced as an adult in July to life with no chance of parole for seven years.** THE CANADIAN PRESS

## Top soldier attacked en route to village

**MILITARY** Canada's top soldier in Afghanistan pulled no punches at a meeting with Afghan village elders yesterday after an IED attack sent another Canadian soldier to hospital.

Brig.-Gen. Jonathan Vance, the commander of Task Force Kandahar, was on his way to the model village of Deh-e-Bagh in the Dand district when shrapnel from a rocket-propelled grenade struck a vehicle in his convoy. A kilometre past the village, he discovered an oncoming Canadian military vehicle had been blasted by a bomb planted in the road. The soldier was airlifted with fractures to his leg.

Vance demanded a meeting with village elders at the Dand district centre to ask why villagers, who have benefited from Canadian aid and protection, didn't bother to warn them about the bomb. THE CANADIAN PRESS

## 'Toronto 18' member pleads guilty to plot

**COURTS** A third member of the so-called Toronto 18 has pleaded guilty in a plot to attack Canadian targets.

Saad Gaya pleaded guilty today in a Brampton, Ont., court to committing a criminal offence for a terrorist group.

Gaya was among 18 men and youth rounded up in the summer of 2006 and charged in a plot to wreak havoc on several targets, including Parliament and RCMP headquarters.

Last week, Ali Dirie, 26, pleaded guilty and faces a maximum 10-year sentence and earlier this month Saad Khalid, 23, was handed a 14-year prison sentence after pleading guilty.

Only one case has gone to trial so far, resulting in a conviction. THE CANADIAN PRESS

## News in brief

**COURTS** Lawyers for an Egyptian man Ottawa accuses of terrorist ties told a court it's unfair to go after him now. They say the government is engaging in double jeopardy against Mahmoud Jaballah. THE CANADIAN PRESS

# Grits try to take out Tories

### But NDP leader says he won't support motion to topple Harper

**They're huffing and puffing, but it appears the Liberals don't have the strength to blow down the Harper government.**

The Liberals introduced a motion yesterday aimed at toppling the minority Conservatives and forcing an election, but it's almost certain the Tories won't fall any time soon.

That's because NDP Leader Jack Layton has indicated his party won't support the Liberal motion in Thursday's vote, guaranteeing the government's survival.

The motion states simply: "That this House has lost confidence in the government."

Liberal Leader Michael Ignatieff accused Prime Minister Stephen Harper of playing games with the numbers in yesterday's economic report card.

He said Harper boasted that 90 per cent of stimulus cash has been committed, while only 12 per cent of projects are actually underway.

ANDREW VAUGHAN/THE CANADIAN PRESS

**A small group of protesters wait as Prime Minister Stephen Harper releases the latest economic update at the NB Southern Railway mechanical shop in Saint John, N.B. yesterday.**

And he criticized the Tories for quietly revealing this month that the deficit had jumped to $56 billion from $50 billion.

"The issue for us is just basic trust with what this government is saying to us," Ignatieff said.

The government got its economic stimulus plan approved in the spring by promising a series of updates. Each of those report cards, however, can be a trigger for a non-confidence vote. Such motions require the support of all three opposition parties to defeat the government.

The Bloc has said it will support Thursday's motion, but Layton won't. THE CANADIAN PRESS

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## Bartender fined in death

**LAW** Charges against the owner of a bar outside Edmonton where a woman drank so much she later died have been withdrawn.

But a bartender who worked at Skip's Bar in Calmar, Alta., has been fined $6,000.

Derek Allen Tithecott, who is 24, pleaded guilty to a lesser alcohol-related charge in court. He had been facing allegations that included manslaughter and criminal negligence causing death. Tithecott and owner Brian Bromley were charged after the death of 22-year-old Tammy Kobylka in October 2007. THE CANADIAN PRESS

## Woman dies in pickup incident

**DEATH** An elderly woman has died of injuries she suffered when struck by a pickup truck in the driveway of her home in Hamilton, Ont.

Police say her husband was reversing the truck into the driveway last Friday, on Upper James Street, and was being guided by his wife. However, the truck suddenly accelerated while in reverse and struck the woman before continuing into a garage wall.

The woman died of her injuries in hospital on Sunday. Police have not released the woman's age and say the family does not want her name made public. THE CANADIAN PRESS

**Alleged Ponzi victims show up to court for protest**
Supposed victims of accused fraudster Earl Jones waved signs and chanted slogans outside a Montreal courthouse yesterday. THE CANADIAN PRESS

# No reduced lumber fines for Canada

**Canada has lost a bid to pay a reduced fine for breaching the softwood lumber trade pact with the United States.**

An international tribunal has rejected Canada's offer to pay $46.7 million US in compensation for shipping too much wood south of the border.

Instead, Canada will have to pay the $68 million US, as originally ordered last February by the London Court of International Arbitration.

Stockwell Day

International Trade Minister Stockwell Day expressed disappointment, but said there's no further route for appeal and Canada will comply.

The decision means Canada will have to impose export charges on softwood lumber destined for the U.S. until the full amount of the fine has been collected.

Tired of waiting for Canada to comply, Washington imposed last April its own duties on lumber imported from Ontario, Quebec, Manitoba and Saskatchewan.

THE CANADIAN PRESS

## Two B.C. men charged with sexual assault in Halifax

FACEBOOK.COM
Garry (Chris) Peak

**ALLEGATIONS** Two men from British Columbia are facing charges related to an alleged sexual assault in Halifax.

Garry Peak, 32, and James Hanson, both from Prince George, B.C., are each charged with aggravated sexual assault and forcible confinement.

A source confirmed to Metro Canada last night that Peak, who competes under the name Chris Peak, is a mixed martial artist who was in Halifax Saturday to compete in the main event of Extreme Cage Combat 10 against Roger Hollett at the Halifax Forum. Peak lost by submission in the opening round.

Const. Paul Palmeter of Halifax Regional Police said the two men met two women at a bar in Halifax before heading to a hotel in nearby Dartmouth.

"After a very brief period of time, one of the females wanted to leave," Palmeter said. "She ended up in an argument with the other (older) female."

The officer said the older female allegedly assaulted the younger woman.

One of the men also allegedly prevented the younger woman from leaving, but she eventually escaped and called for help, Palmeter said.

The older woman later told police the two men had assaulted her in the hotel room. The two men were arrested Sunday and appeared in court yesterday. THE CANADIAN PRESS WITH FILES FROM METRO CANADA

## Funding rejected for sex offender program

**OTTAWA** A program that helps keep convicted sex offenders from committing more crimes is in limbo after being told its funding request has been rejected by the federal government.

But a spokesman for Public Safety Minister Peter Van Loan said yesterday that no decisions have been made.

The program was seeking $1.5 million annually for five years, with what program head Andrew McWhinnie said was the full support of the federal crime prevention centre.

THE CANADIAN PRESS

## News in brief

**MISSING** On the two-week anniversary of a 17-year-old girl vanishing outside her high school, police said they were expanding the search nationally and internationally for Mariam Makhniashvili after abandoning a command post outside of her north Toronto home.

THE CANADIAN PRESS

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**U.K. moves to outlaw annual bank bonuses**

British Treasury chief Alistair Darling said yesterday that annual bonuses for bank executives will be outlawed in an attempt to curb excessive risk-taking in the country's huge financial sector. THE ASSOCIATED PRESS

# World

## Iran caps 2 days of sabre-rattling

**Iran tested its most advanced missiles yesterday to cap two days of war games, raising more international concern and stronger pressure to quickly come clean on the newly revealed nuclear site Tehran was secretly constructing. State television said the Revolutionary Guard successfully tested upgraded versions of the medium-range Shahab-3 and Sajjil missiles. Both can carry warheads and reach up to 2,000 kilometres, putting Israel, U.S. military bases in the Middle East, and parts of Europe within striking distance.** THE ASSOCIATED PRESS

## Malaysian beer caning upheld

**MALAYSIA** A judge in Malaysia has upheld a court verdict to cane a Muslim woman for drinking beer, news reports said yesterday, re-igniting a controversy over Islamic justice in this moderate Muslim-majority country. National news agency Bernama said the chief Shariah judge of Pahang state ruled that a Shariah High Court's verdict against Kartika Sari Dewi Shukarno, 32, was correct and should stay. If the punishment is carried out, Kartika would become the first Muslim woman to be caned in Malaysia. No date was immediately set for the caning. THE ASSOCIATED PRESS

Queen Rania/Wendi Murdoch/Indra Nooyi columns online at: **metronews.ca/world**

# Hollywood rescue for Filipina actress

**A popular Philippine actress cried out for help from a rooftop as a tropical storm roared and floodwaters rose menacingly. Then an actor emerged from nowhere on a speedboat and swept her to safety.**

A romantic scene from a movie?

No, it was the real-life travails of young actress Christine Reyes.

Christine Reyes

Her rescue by movie and TV heartthrob Richard Gutierrez as Tropical Storm Ketsana raged across the northern Philippines was one of the happier moments of last weekend's disaster that left at least 240 dead and tens of thousands homeless.

Reyes climbed to the roof of her two-story house in upscale Provident village in hard-hit Marikina city on Saturday with her mother and two young children. Marooned for hours, she made a frantic call for help to ABS-CBN TV network with her mobile phone. Gutierrez, a close friend and Reyes' co-star in an upcoming movie, heard of her plight, borrowed an army speedboat and went to the rescue.

The houses of more than 450,000 people were inundated in the storm, which dumped more than a month's worth of rain in just 12 hours.

THE ASSOCIATED PRESS

### Recovery

- Rescuers pulled more bodies from swollen rivers and debris-strewn streets to bring the death toll to 240 last night as residents dug out their homes from under carpets of mud.

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## Honduras **Civil rights suspended**

PHOTO BY ORLANDO SIERRA/THE ASSOCIATED PRESS

Fabiola Carcamo, 28, stands in front of police during a demonstration in support of ousted Honduran President Manuel Zelaya yesterday. Honduras' interim government has suspended constitutionally guaranteed civil liberties in a pre-emptive strike against widespread rebellion.

### News in brief

**KASHMIR** Forensic experts exhumed the bodies of two slain Kashmiri women yesterday in an investigation aimed at defusing the latest tensions plaguing the Himalayan region. Many in Muslim-majority Kashmir accuse Indian security forces of murdering the women.

**AUSTRALIA** A couple were jailed yesterday for the manslaughter of their baby, who died after they chose to use homeopathic remedies rather than medicine to treat a skin disorder.

THE ASSOCIATED PRESS

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**Release date for Palin's memoirs bumped up**

Sarah Palin has finished her memoir just four months after the book deal was announced. Her publisher says the release date has been moved up from the spring to Nov. 17. Harper publisher Jonathan Burnham says the former Alaska governor invested herself deeply and passionately in the project. THE ASSOCIATED PRESS

## News in brief

**GITMO** A list released by the U.S. military shows at least 75 Guantanamo detainees have been cleared for release by a task force sorting through prisoners. THE ASSOCIATED PRESS

# Actor threatened, court hears

**A paramedic who treated John Travolta's son in the Bahamas threatened to go to the media with private information unless the actor paid $25 million US, an employee of the actor testified yesterday.**

Ronald Zupancic, a security specialist for Travolta, said he was the one who told his boss of the alleged demand in the days following his autistic son's death in January. He said ambulance driver Tarino Lightbourne contacted Travolta's attorneys through a lawyer, former Bahamas Senator Pleasant Bridgewater, who is also facing extortion charges.

John Travolta

"He had a document that he contended was incriminating to Travolta," Zupancic said.

The document, which Travolta signed, would have cleared the ambulance driver of liability if the family refused to send 16-year-old Jett Travolta to the hospital. The actor testified last week that he initially wanted his son flown to Florida for treatment after a seizure on Jan. 2 that resulted in Jett's death.

But Jett was treated in the Bahamas, and it is unclear why the defendants allegedly believed Travolta would pay to keep the document private.

The trial began Sept. 21 and is expected to last several weeks. Travolta is expected to give further testimony later in the trial. THE ASSOCIATED PRESS

## Australian parents jailed after death of baby with skin disease

**SYDNEY** A husband and wife were jailed yesterday for the manslaughter of their baby, who died after they chose to use homeopathic remedies rather than conventional medicine to treat her skin disorder.

Thomas Sam, a 42-year old college lecturer in homeopathy, and his wife Manju, 37, of Sydney, were convicted in June of the manslaughter of their nine-month-old daughter Gloria, who died of septicemia and malnutrition in May 2002.

The Indian-born, university-educated parents had faced a maximum penalty of 25 years each in prison.

Thomas Sam was ordered to serve at least six years in jail, with a maximum sentence of eight years, and Manju to serve at least four years in jail with a maximum of five years and four months.

Prosecutors said the parents rarely consulted doctors and never contacted a skin specialist after a nurse noticed that their once-healthy baby had developed severe eczema. THE ASSOCIATED PRESS

## China **Tiananmen Square**

NG HAN GUAN/THE ASSOCIATED PRESS

Ethnic minority women visit Tiananmen Square in Beijing, China, yesterday. China needs to do more to improve the lives of its minority groups, a senior government official said Sunday.

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## Comment

# PM may want election

NationalReport

Stephen Harper keeps insisting he doesn't want an election. He repeated it yesterday when delivering an economic update in New Brunswick.

But down deep, is that what he is really thinking? The way the scales have tipped in his favour the last few weeks, he finds himself in position to make a good run for a majority government. We shouldn't be surprised, given his craftiness, if he brings forward measures that make it extremely difficult for the New Democrats — the only party propping up his government — to continue to support him.

The PM's only weak spot is in Quebec. He got a lift there yesterday with the embarrassment inflicted upon the Liberals with the resignation of their Quebec lieutenant, Denis Coderre.

Up until now one thing that could be said about Michael Ignatieff's leadership is that, in comparison to Stéphane Dion, he brought discipline to the Liberal party. Now even that is in doubt. Iggy is being called Iffy.

The prime minister's report on his stimulus plan yesterday was vague, perhaps deliberately so, perhaps intended to get the opposition parties more worked up. The government continues to claim the vast majority of its motherlode of stimulus projects is underway. The opposition insists the number is a paltry 12 per cent. The government's Building Canada website doesn't help clear up the discrepancy. It's a jumble, suggesting the opposition might have a point.

The Conservatives have spent $34 million in taxpayer money promoting their economic action plan. When the media found no less than 40 photos of Harper on the action plan website, making it look like the money was being blatantly used for political purposes, the Prime Minister's Office staged a guilty-looking retreat and had the photos removed. Yesterday in the Commons, Transport Minister John Baird was at pains to dodge questions on the matter, giving total non-answers.

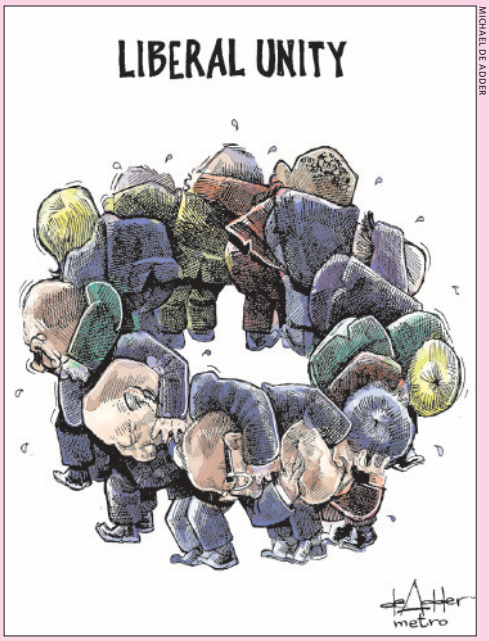
No matter. The Conservatives are in the driver's seat.

A poll released yesterday showed that by a wide margin — 48 per cent to 30 per cent — Canadians believe the country is headed in the right direction.

That's quite a compliment for the government when you consider the economic hard times, the burgeoning deficit, the government's doddling approach to the environment and the downward direction of the war in Afghanistan.

On the face of it, Canadians don't really have much reason to be upbeat. But when they look around, when they look at the stumbling Liberals, when they look at the problems in the United States and other countries, they don't feel so bad. Harper knows this. What he says about the wisdom of holding an election should be taken with a grain of salt.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.




MICHAEL DE ADDER

## Views

# There comes a time to eventually cut the cord

ModernLife

I remember my dad asking me after university why I wasn't moving back to the family home in a cosy Ottawa suburb. An obnoxious 20-something, I chirped, "Can I have guys stay over?"

"Of course not."

My parents took my departure well. Borrowing their station wagon, I hauled my junk to an apartment full of complete strangers, as desperate to be an adult as they were to be rid of their mouthy daughter. My dad only asked out of politeness.

All my friends fled their homes back then and their parents were equally ecstatic. So why, 30 years later, do parents want their adult children home so badly? And why do their kids remain?

Many kids can't escape because their parents, formerly "helicopter parents," hovering at school and soccer, have now graduated to "hostage-taking parents." Slinging weapons like home-cooked breakfasts, free laundry service and open invitations to sleepover guests, they immobilize their prey.

Even when kids flee, they don't necessarily escape. Billy may head off for university, but mom has got Windex and sponges and she's not afraid to use them. When my parents drove me to university in third year, they were so disgusted with the dump I was moving into (which included guys as well as girls), they ditched my furniture on the lawn and sped off. Windex?

An employer I know sometimes has to deal with irate mothers when he fires an employee. One professor had to meet with an entire family, grandparents et al, when he doled out a B to a student.

Not "cutting the cord" enables parents to hide from reality. Stay-at-home parents don't have to head back into the workforce, (understandably daunting if you've been out 20 years), if they have to cook Shawna dinner. Couples can avoid tackling a relationship destroyed by too many mornings spent in hockey rinks and evenings under the Golden Arches if the kids are shacked up in the basement.

I remember moving to a new job in my 20s and sobbing into a pay phone, "Mom, the job's too difficult — I hate it here." Instead of telling me to come home, she replied, "I know you can do it, Georgie."

I could and did. And so could she. Not only did she return to work, but my parents have been having a hoot ever since, without using their kids as crutches.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

## Worth mentioning

# Countdown is on to reach climate deal: UN

The United Nations yesterday warned world leaders they have only 70 days to reach a new deal to limit global warming, while environmentalists pointed to the deadly floods in the Philippines to illustrate the already devastating impact of climate change.

**70** "Time is not just pressing. It has almost run out," UN climate chief Yvo de Boer said, with a clock nearby showing there were 70 days until world leaders are scheduled to meet in Copenhagen to finalize a pact. "As many leaders have said, there is no plan B."

Only hours after negotiations began, rich and poor nations were already flinging their usual rebukes at one another for failing to do their part to reach a deal to replace the Kyoto Protocol, which expires in 2012.

Talks have been deadlocked for months over the industrial countries' refusal to commit to sufficiently deep cuts or provide billions of dollars to poor nations to help them adapt to the impacts of climate change and transition to a low-carbon economy.

The major developing countries like India and China, in turn, have refused to agree to binding targets altogether and are leery of demands that any of their commitments be monitored and verified as part of any agreement. THE ASSOCIATED PRESS

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**Loblaw acquires T&T Supermarket**
Loblaw Companies Limited, Canada's largest grocery chain, closed the $225-million acquisition of B.C.-based T&T Supermarket Inc., Canada's largest retailer of Asian foods. THE CANADIAN PRESS

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Drop in EI claims sign of progress: Experts

**The number of people getting jobless benefits fell for the first time in almost a year in July and the number of new EI recipients declined for the second straight month, offering further evidence Canada's labour market is improving.**

July saw the number of workers on Employment Insurance benefits drop by 31,500 to 787,000, a 3.8 per cent decrease from June, Statistics Canada said yesterday.

The changes reflect in part the slowdown in job losses as the economy begins to grow again in the current summer quarter — after three quarters of economic shrinkage in the recession and the painful restructuring in Canada's auto and forestry industries that wiped out tens of thousands of jobs in the last year.

But it was the decline in new entrants to the EI rolls that economists saw as the best signal of progress from the harsh jobs market of late last fall and early 2009.

Initial claims were down 8.5 per cent to 274,700 during the month, following a similar decrease in June, Statistics Canada said.

"Less people are entering the system, so this is a good news story," said Millan Mulraine of the TD Bank.

THE CANADIAN PRESS

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## Worst boss **Essay winner own boss now**

SAM GREEN/THE ASSOCIATED PRESS

Colleen Lynn, a graphic designer in Seattle, and her two dogs pose for photos. Lynn turned her worst boss experience into an award-winning Worst Boss essay. Lots of employees complain about being treated like a dog, but the winner of a Worst Boss contest may have been the only one forced to walk like one. Today, Lynn is her own boss, running a graphic design business called VainNotion.

## Coke hopes coffee the one in 2010

VANCOUVER 2010 **Games**

The 2010 Winter Olympics will be an international podium for soft drink giant Coca-Cola Co. to more widely promote its Far Coast brand of coffee and tea, a move marketing experts say is a clever use of its powerful sponsorship status.

The Vancouver event will also mark the first time Coke, a long-time Olympic sponsor, will serve the Far Coast line of hot drinks at a Games, after rolling out the brand in select countries, including Canada and Norway, in recent years.

THE CANADIAN PRESS

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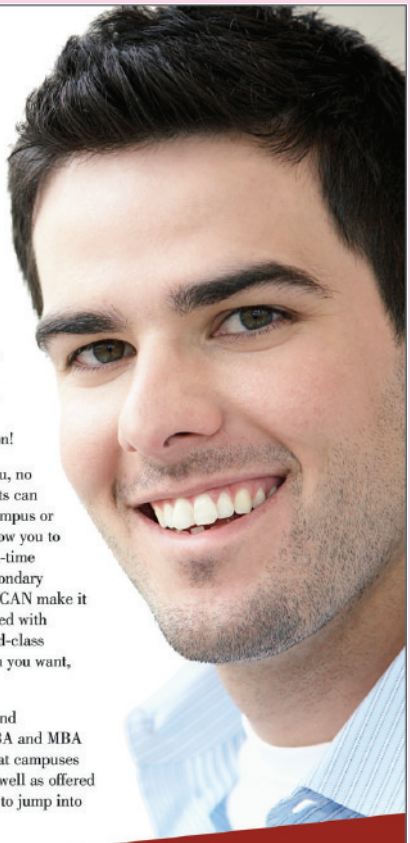

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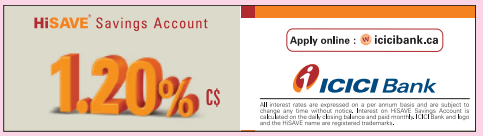
Your Money

# Forget RRSP deadline




AlisonOnMoney

I know. Here it is not even Thanksgiving and I'm urging you to think about something that normally isn't on your radar until February — RRSP contributions.

There's a method to my nagging. When you ignore your RRSP until the deadline you risk two things: Not maximizing your contribution or, worse, borrowing to make it.

It is all too easy to do the latter if you have a personal or home equity line of credit. I've even seen people take a cash advance on their credit card at RRSP time planning to pay it back with their tax refund.

But when the refund cheque arrives there are always other more pressing needs for it. You swear you'll get rid of the RRSP debt and start contributing monthly. Then "oops!" here's February again and the cycle repeats itself.

Even if you haven't contributed a dime to date, you've still got five months before the deadline. Don't worry so much about what to invest the money in, focus on getting the dough sheltered inside your RRSP.

Let's say your contribution room for 2009 is $2,000. If you start now with $200 a month you will only need to find $1,000 in the new year to max out your contribution rather than $2,000. Big difference.

**"People take a cash advance on their credit card at RRSP time planning to pay it back with their tax refund. But when the refund cheque arrives there are always other more pressing needs for it."**

The other major reason for getting on top of your RRSP is the benefit of having the deduction. If you don't contribute you can't deduct — ergo, higher taxes. And if you don't need the deduction right now you get to carry it forward until you do.

It is very easy to build up tens of thousands of dollars in contribution room and very hard to come up with the money, without borrowing, to take advantage of the tax deduction it represents.

Setting up an automatic contribution is far the best way to go with your RRSPs. Once the habit of contributing regularly is ingrained and the money isn't available for you to spend, you won't think twice about it.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

**Alison's Money Rule:**

- Start your RRSP contributions early and avoid New Year's financial stress.

# Taxes linked to value of house

MoneyMatters

**Q Last week, I received my property tax assessment. I was floored. My taxes increased almost 5 per cent. My supervisor lives three blocks south, yet his taxes did not increase. His neighbourhood has million-dollar homes, while my neighbourhood has modest homes. It makes no sense that the less we have the more we seem to pay. Why is our tax system unfair? — Ping**

A Most countries, implement some form of taxation to finance the needs of their public sector. To this end, various levels of government, (federal, provincial and municipal) attempt to impose a fair and equitable tax system by employing three principles, taxation based on earnings, wealth and consumption.

The largest source of taxation is from personal income tax. Canada uses a progressive tax system, "the more you earn the more your pay." Most Canadians, find this fair.

Property taxes are assessed on the value of property you own. The more expensive the home, the higher taxes you pay. Therefore, a house worth $3 million, pays more tax than one worth $400,000 in the outlying suburbs.

Finally, consumption tax is based on the principle of the more you spend, the more tax you pay. Individuals with higher income will have more disposable income and therefore will pay greater tax. Individuals with more disposable income will eat out more, buy more clothes, etc.

As a result, if one government's tax is not fair to the individual, the other will be fairer. Is this the best system? It is the one we have, and live with.

Ultimately, change rests in the hands of the individual.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

**Safina, Venus out, Wozniak advances at Toray Pan Pacific Open**
Defending champion Dinara Safina and Venus Williams were knocked out in the second round of the Toray Pan Pacific Open yesterday while Canadian Aleksandra Wozniak advanced. THE ASSOCIATED PRESS

# Sports

## Fleury retires as a Flame

**Theoren Fleury's career is ending in the same place it began. The 41-year-old has decided not to try and pursue a comeback with another NHL team, choosing instead to retire as a member of the Calgary Flames. "I could not sign with another team," he said. "I retire a Calgary Flame." The Flames released him from a tryout last week. Fleury is second on the Flames' all-time scoring list with 830 points in 791 games.** THE CANADIAN PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

## Canucks send down Schneider, Grabner

**NHL** Goaltender Cory Schneider and former first-round draft pick Michael Grabner were among the players the Vancouver Canucks sent to the AHL's Manitoba Moose yesterday.

Schneider, 23, the AHL goaltender of the year last season with the Moose, had battled with veteran Andrew Raycroft for the backup job behind Roberto Luongo.

Grabner, a forward who the Canucks selected 14th overall in the 2006 draft, was expected to challenge for a spot on the roster but had a disappointing camp.

Among the other players being sent to Winnipeg were defencemen Nolan Baumgartner and Nathan McIver. The forwards were Alexandre Bolduc, Guillaume Desbiens, Mario Bliznak and Matt Pope.

THE CANADIAN PRESS

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# Cowboys top Panthers

**NFL RESULT**

**Carolina 7 Dallas 21**

**AT**

**Terence Newman dived into the end zone, threw the ball into the air and exhaled. The Dallas Cowboys were headed to victory and their maligned defence was the main reason for it.**

Newman returned an interception 27 yards for a touchdown with 5:07 left, cracking open a tight game and sending the Cowboys to a 21-7 victory over the Carolina Panthers last night.

Dallas (2-1) came into this game without a takeaway or a sack, the latter number an especially sorry stat for last year's NFL leaders. But the Cowboys harassed Jake Delhomme into three sacks, two interceptions and a fumble — and, most importantly, forced him and the Panthers (0-3) into four straight three-and-outs to start the second half. Two sacks and the fumble came on Carolina's final drive. THE ASSOCIATED PRESS

DONNA MCWILLIAM/THE ASSOCIATED PRESS

**Carolina Panthers running back DeAngelo Williams is tackled by Dallas Cowboys defensive end Jay Ratliff last night.**

## Favre will play wearing pink to help fight breast cancer

**NFL** Brett Favre will be in purple to face the Packers for the first time next week. He'll also be wearing a little bit of pink.

The NFL is honouring breast cancer awareness in October. Favre is one of four Vikings who will use pink equipment during Monday's game against Green Bay at the Metrodome, according to league spokesman Brian McCarthy.

Chad Greenway, Chester Taylor and Antoine Winfield are the others.

Favre's wife, Deanna, is a breast cancer survivor.

Designated players throughout the NFL will be wearing pink cleats, wristbands, gloves, sideline hats and captain patches among other items during October.

Favre will be facing his old team for the first time on Monday night. He spent 16 seasons with the Packers.

THE ASSOCIATED PRESS

## Sports in brief

**NHL** The Columbus Blue Jackets traded a 2010 third-round draft pick to the Calgary Flames for defenceman Anton Stralman yesterday. The 23-year-old Swede played 88 games the past two seasons for the Toronto Maple Leafs before being traded with forward Colin Stuart to Calgary in July for centre Wayne Primeau.

**NFL** Miami Dolphins quarterback Chad Pennington dislocated his right shoulder and may seek a second opinion to determine how long he'll be sidelined, a person familiar with his status said yesterday. Other media outlets reported Pennington had a torn capsule and was likely to miss the rest of the season.

**CFL** The Toronto Argonauts have dealt another disgruntled player. The Argos traded cornerback Byron Parker to the Edmonton Eskimos yesterday for future considerations. According to two league sources, the Argos will receive a 2010 draft pick for Parker.

**BASEBALL** Former Dodgers prospect Andy LaRoche homered twice and drove in six runs as the Pittsburgh Pirates again prevented Los Angeles from clinching the NL West with an 11-1 win yesterday. Already assured of a playoff spot, the Dodgers lost three-of-four to the Pirates, who had dropped 23-of-26 going into the series — the franchise's worst stretch in 119 seasons.

THE ASSOCIATED PRESS

SPECIAL FOCUS ON:
Breast Cancer Awareness

# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# Canada is a leader in prevention

## One of the biggest studies in the world is underway here

CELIA MILNE
For Metro Canada

**We run to cure cancer. We ride to conquer cancer. We walk to end cancer. Wouldn't it be great if we could prevent breast cancer before it starts?**

Canadian researchers are on the leading edge of not only finding better ways to diagnose and treat breast cancer, but also showing the world how the disease might be prevented in the future.

"Canada is really, really leading in breast cancer research," says Dr. Morag Park, a cancer researcher and professor at McGill University in Montreal. "We've got leaders in imaging, clinical trials and animal modelling," she says.

Park studies what happens at the molecular level when someone develops cancer. "Many of us are probably walking around with the beginnings of cancer and never get it," she says. "What are the switches that allow cancer to develop? It sat there for 15 years and suddenly started to grow. That is not well understood."

Researchers around the globe are developing and linking studies and will begin to answer this question. "It is exciting," she says. Plus, new technologies give scientists the power to handle and analyse huge amounts of data. From that information comes knowledge on better treatments and ways to prevent cancer.

**"We've got leaders in imaging, clinical trials and animal modelling."**
Dr. Morag Park, cancer researcher

One of the weightiest prevention studies in the world is underway in Canada. The Canadian Partnership for Tomorrow Project, now enrolling people in British Columbia, Alberta, Ontario, Quebec and the Atlantic provinces, will help to answer questions such as: Who gets cancer? Who doesn't? Where do they live? Where do they work? What do they eat? How much do they exercise? The study will follow 300,000 Canadians over the next 20 to 30 years, who have agreed to be monitored for diet, physical activity level, sun exposure, tobacco use, exposure to chemicals, type of work, place of residence, and possible genetic factors.

Unlike many studies which are retrospective (looking back) and rely on people's memory of what they did, this study is prospective (looking forward) so results are more accurate.

ISTOCK PHOTO

Canadian researchers have the leading edge not only when it comes to finding better ways to diagnose and treat breast cancer, but also showing the world how the disease might be prevented.

Some enrollees, of course, will develop diseases such as breast cancer over the course of the study, and the data will reveal what patterns led to that. "It looks at environment, genes, behaviour and how those may inter-relate to cause breast cancer," says Dr. Heather Bryant, vice-president of cancer control at the Canadian Partnership Against Cancer in Toronto.

# The power of pink

## Support breast cancer awareness with these limited edition beauty and fashion products — on sale in October

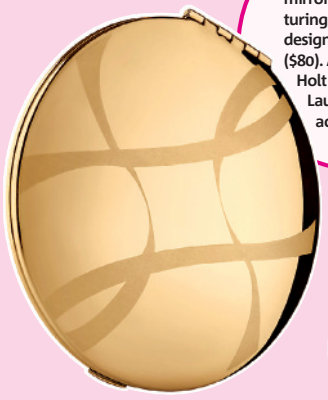
One in nine Canadian women is expected to develop breast cancer during her lifetime. The good news, according to the Canadian Breast Cancer Foundation, is that two-thirds will live through it.

Help support this important cause as we head into October, Breast Cancer Awareness month. Here are a few examples of how you can incorporate a little pink into your life, while at the same time spreading awareness and raising funds for a cure. METRO NEWS SERVICE

Clinique Lipgloss Key Chain featuring a signature pink ribbon charm and three mini Long Last Glosswear SPF 15 in Air Kiss, Kissyfit and Whisper ($22). Available at Sephora stores. sephora.com.

Pink Breast Cancer Awareness Pins ($1). Available at La Vie en Rose boutiques and online at lavieenrose.com.

Evelyn Lauder Lip Set featuring lipstick, lipgloss and lip pencil in a pink ribbon cosmetic case ($30). Available at all Estée Lauder counters across Canada.



Gold double-sided mirror compact featuring a subtle ribbon design on the cover ($80). Available at Holt Renfrew Estée Lauder counters across Canada.

Jacob Care natural lip gloss ($10). Available in Bella (soft pink), Donna (light coral) or Cita (raspberry) at all Jacob stores across Canada.

Lise Watier Pink Tribute Mini Lipstick Kit featuring Shortcake, Sucre D'Orge and Golden Apricot ($19). Available in select department and drug stores across Canada. Visit lisewatier.com.

Jeweled Pink Ribbon Pin ($18). Covered in 20 pink crystals with a jewelry pin backing closure. Available at all Estée Lauder counters across Canada.

Tweezerman Pink Ribbon Slant Tweezers ($28). available at drug and department stores across Canada. Visit tweezerman.com

OPI Pink of Hearts 2009 Edition Nail Lacquer ($10.95). Available at select professional salons across Canada. Call 800-341-9999 or visit opi.com.

Pink and white pajama set ($39.95). Available at La Vie en Rose boutiques and online at lavieen rose.com.

Clinique Dramatically Different Moisturizing Lotion ($45.50/200mL). Available at Clinique counters across Canada. Visit clinique.ca

Swarovski's Pink Hope charm ($55) from the Swarovski Cares line. Visit swarovski.com.

### Breast cancer: Just the facts

- **NEW CASES:** 22,700 per year
- **DEATHS:** 5,400 per year
- **SYMPTOMS:** Lump in breast or armpit, changes in breast size or shape, changes in skin temperature, redness or swelling, inverted nipple, crusting or scaling on nipple.
- **SCREENING:** Mammography (once every two years recommended for women ages 50 to 69); clinical examination (once every two years recommended for women over 40); self-examination. Women with family history of the disease should ask a doctor about a personal plan.
- **TREATMENT:** A lumpectomy removes the tumour while conserving most of the breast. A mastectomy removes the entire breast and sometimes the lymph nodes. Radiation is used to treat many stages of breast cancer and frequently used after a lumpectomy. Biological therapy helps the body's immune system fight cancer. Herceptin is used to treat human epidermal growth factor positive (HER2) tumours.
- **LATEST RESEARCH:** Research funded by the Canadian Cancer Society includes assessing what information patients require about complementary therapies, the use of MRI to detect if the cancer has spread, investigating whether combining various anti-cancer drugs can activate genes that prevent spreading.

TORSTAR NEWS SERVICE

SPECIAL FOCUS ON:
Breast Cancer Awareness

# Support by type

## Groups now customized by disease specifics

CELIA MILNE
For Metro Canada

**Karyn Stowe is a 38-year-old mother of three kids, ages seven, four and three. A year ago, she was diagnosed with an aggressive form of breast cancer called HER2 positive.**

"I was totally freaked out," she told Metro.

Not many women in Stowe's stage of life and with her level of good health get breast cancer.

She is active — working out several times a week and walking six kilometres a day in midtown Toronto. She eats well, including lots of organic foods. She has never been overweight. Each of her three kids was breastfed until almost one year of age, an activity that is supposed to be protective against breast cancer. No one in her family has ever had any type of cancer.

"I was enjoying life in my 30s," she says. "I had none of the risk factors. Breast cancer wasn't even on my radar."

Breast cancer is not one disease. There are many different types, each acting in different ways. Gone are the days when treatment followed a one-size-fits-all model. A new era has begun in which therapy targets the specific type of breast cancer. Stowe's cancer, HER2+, accounts for about 20 per cent of cases, and is often treated with a new targeted therapy called Herceptin.

**Find cancer support groups at cancerview.ca, look under Cancer Journey**

While going through treatment, Stowe found comfort in family, friends and neighbours. She had a mastectomy and lymph node removal in September 2008, and then six rounds of chemotherapy, followed by five weeks of daily radiation. Now, she is on Tamoxifen and Herceptin.

But as treatment winds down, Stowe still needs a shoulder to cry on, a place to commiserate and share.

Support systems are also entering a new era: They are custom-made for specific types of cancer. Rethink Breast Cancer, a support network for young women with breast cancer, is launching TellHER2.ca — a website dedicated to connecting those affected by HER2+ breast cancer.

Stowe thinks it's a great idea. "It's really nice to talk to someone who really understands your daily difficulties being a mom with breast cancer — caring for young children, fears for the future... wanting to plan but not sure if you can... wanting to chat normally with other moms on the playground... but feeling that you always have something much bigger in the back of your head. It's so nice to talk to other women who 'get it' because they're living it too."

ISTOCK PHOTO

Breast cancer support systems are entering a new era: They are custom-made for specific types of cancer. One example is TellHER2.ca, a website dedicated to those affected by HER2+ breast cancer.

# See changes with Breastlight

**INNOVATION** Get to know your breasts. Women often hear it's a good idea to feel for changes in their breasts. Lumps and asymmetries could signal cancer. Now, a small handheld machine that can be used at home allows women to see changes as well feel them.

The Breastlight, which looks a bit like a mini hair dryer, is a device containing a powerful light.

When you press it to your breast, it lights up and shows what your breast looks like on the inside. Dark lines, for instance, are veins, and that is normal. But dark shadows or splotches may be a signal to go to the doctor for a mammogram or clinical examination. In most cases, it is a false alarm, but it is better to be safe than sorry.

Breastlight is used with a water-based lubricant. The device costs $149.99 (plus $9.99 for the lubricant), a little steep, but it can be used over and over again by all the women in your home. It is available at Rexall and Rexall Pharma Plus stores, or by ordering through breastlight.ca.

It is recommended that women under 50 have clinical breast exams at least once every three years and women over 50 have a yearly mammogram and annual clinical breast exam.

CELIA MILNE/
FOR METRO CANADA

The Breastlight costs $149.99 and is available at Rexall and Rexall Pharma Plus stores or at breastlight.ca.

## In brief

**PRODUCT**

Brita has brought back its limited edition Pink Pitcher water filtration system for October, Breast Cancer Awareness month. Brita will contribute $4 from the sale of every limited edition Pink Pitcher to the Canadian Breast Cancer Foundation. It will be nationwide at mass retailers, including Wal-Mart, Zellers, Home Hardware and Loblaw stores for $34.99.

METRO NEWS SERVICE

# Breast cancer survivors galore

**STATISTICS** Though there's still much work to be done in breast cancer, the latest statistics point to good news.

Breast cancer is not a death sentence by any means. In fact, the five-year survival rate is 87 per cent, according to 2009 figures from the Canadian Cancer Society and Statistics Canada. Chances of surviving have risen fiver per cent over the last 15 years.

Why? "Capturing the tumour early has been a key event, coupled with advances in therapy," says Dr. Morag Park, a cancer researcher and professor at McGill University in Montreal.

In 2009, it's estimated that there will be 22,900 new cases of breast cancer. And 5,400 Canadians will die of the disease.

CELIA MILNE/
FOR METRO CANADA

# Choosing the breast clothing

## Designer caters to bodies with little or no chest

ELISABETH BRAW
Metro World News

**"I realized that the only clothing targeted to women who had lost their breasts were the medical bras hospitals sell."**
Designer Hilary Boyajian

**FASHION** Looking to find a sexy dress for the single-breasted woman? Good luck. Fortunately, a New York fashion designer has pioneered a new approach.

"Many women can't or don't want to have reconstructive surgery," says Hilary Boyajian. "I realized that the only clothing targeted to women who had lost their breasts were the medical bras hospitals sell. Who goes clothes-shopping in a hospital?"

Between 70 per cent and 84 per cent of breast cancer patients in developed countries beat the disease, only to face an awkward reality: they have nothing to wear.

So Boyajian, a 33-year-old New York designer, developed Chikara, a fashion line for women with one or no breasts. The ancient Greece-inspired clothes, which are draped across the chest, cover up the missing breasts. Boyajian sells the clothes over the Internet and recently opened her first shop, in New York City's NoLita neighborhood.

"I get so many emails from breast cancer survivors thanking me for doing this," she says. "What they particularly like is that people don't look at their clothes and say 'Oh, that dress must be for a woman with no breasts.'"

For more information: chikaradesign.com.

Designer Hilary Boyajian doesn't want breast cancer to limit women's fashion options. For this reason she has designed a line of clothing for the woman with one or no breasts. It includes pieces like this sweater with draping across the chest (left) and one-sided bras (above). Her clothing is sold at chikaradesign.com

# Elective breast removal

## Voluntary mastectomy rates up in recent years, says U.S. study

ELISABETH BRAW
Metro World News

**Losing your breasts as a result of cancer is traumatic enough. But removing them voluntarily? Lots of women do it.**

"It felt like I had a ticking bomb in my body," recalls Jennifer Chamberlin, a 36-year-old paramedic from Pennsylvania.

"My grandmothers and several aunts had had breast cancer."

So Chamberlain decided to surgically remove both of her breasts, along with her ovaries — even though she didn't have cancer.

"I just didn't want to risk getting cancer. I know I can still get other types of cancer, but this was one risk I could do something about," she says.

Chamberlin is not unique: between 1998 and 2005, the rate of contralateral prophylactic mastectomy — removal of two healthy breasts — among U.S. women increased by 188 per cent, according to a study by physicians at the University of Minnesota School of Medicine.

"The 10-year survival rate for women with DCIS (the most common form of breast cancer) is 98 to 99 per cent," says lead researcher Dr. Todd Tuttle.

"Removal of a normal breast will not improve the excellent survival rates. Nevertheless, many women, particularly young women, are choosing to have both breasts removed."

Jamie Inman of California made the same choice — and deeply regrets it.

"If I had known about the sexual side effects there's no way I'd have done this," she says.

"Not having any nipple sensation has been devastating, both to my me and my husband."

ISTOCK PHOTO

The rate of contralateral prophylactic mastectomy — removal of two healthy breasts — among U.S. women increased by 188 per cent between 1998 and 2005.

## Sit and sniff – dogs fighting cancer

CELIA PEDROSO
Metro World News

**Dogs can help fight two of the most deadly types of cancer — breast and lung cancer — detecting it in exhaled breath.**

A study conducted at the Pine Street Foundation, a non-profit cancer education and research group in San Anselmo, Calif., had such good results that a new research, related with ovarian cancer, is currently being done. The methodology is similar as are the breeds used.

Nicholas Broffman, executive director of the Pine Street Foundation, alerts: "Should your best friend display a persistent and animated behaviour around a person, we do recommend medical follow-up."

Here Broffman answers questions about his studies:

Researchers now use dogs to conduct cancer detection studies by having them sniff exhaled breath samples.

**Q Do you think your studies can lead to a future scent detection system in clinical practice, alongside mammograms, for instance?**

**A** Our research will lead to the development of new diagnostic tools that can be used along currently accepted screening methods, such as mammogram and CT scans.

**Q Will dogs one day detect cancer even earlier than standard screening tests?**

**A** The specificity and the sensitivity of the dogs involved in our 2006 study exceeded several currently accepted screening methods.

**Q How were the reactions to your study in the medical community?**

**A** The medical community is always looking for ways to improve accuracy and find methods that can detect cancer at its earliest stages. Other researchers around the world are now working on the early detection of disease through scent and biological biomarkers.

**Q After your successful studies, should we worry if our pets insist on smelling our neck or breath?**

**A** Numerous anecdotal reports have been published and televised documenting individual cases in which dogs began to display persistent and animated behaviour around specific body locations on their owners. These behaviours, on subsequent medical evaluation, proved to be accurate, and in some cases life-saving, early warning signs of cancers such as those of the breast and skin (melanoma).

PHOTO BY JAMIE CHRISTIAN

Bridget Spence, left, a 25-year-old with Stage IV breast cancer, is seen here with her mother Dorothy Mooney.

## Survivor sees the sunny side

**PEOPLE** Bridget Spence knows she wants children. But she doesn't dare to even dream of it. The 25-year-old has Stage IV breast cancer.

One day four years ago, Spence felt a lump in her breast. She saw a doctor, who checked her breast and assured her that it was nothing to worry about.

**"Cancer is a roller-coaster... There are bad days and good."**
Bridget Spence, 25

"But when I graduated six months later, the lump was protruding from my breast, and my parents told me I looked yellow," recalls Spence, a fit yoga-fan with no family history of breast cancer. "So I went to a different doctor. He told me that I had Stage IV breast cancer that it had spread to the liver."

Spence was given a 16 per cent chance of surviving until age 30.

"At first I was very angry at having been misdiagnosed and wondered 'why me?'" she tells Metro. "But then I thought 'I'll show you! I'll be one of the 16 per cent" Four years later, Spence is still alive. She even has a full-time job.

But she knows the disease may still defeat her.

"Cancer is a roller-coaster," she explains. "There are bad days and good days, where I think I can be among the 16 per cent."

The worst days come every three months, when Spence undergoes a scan to see if the tumor has grown.

"Then I turn off the phone and go into survival mode," she says. ELISABETH BRAW/ METRO WORLD NEWS

## Men need to be screened too

**AWARENESS** Though it is rare, men can and do get breast cancer.

According to the Canadian Breast Cancer Network, fewer than one per cent of breast cancer cases are found in men. Yet, they caution that it is still important for men to practice screening techniques. Men of all ages can develop breast cancer; however, it is most commonly diagnosed between the ages of 60 and 70.

Risk factors for men include having a family history of breast cancer, carrying the BRCA2 gene mutation, estrogen administration and having a disease or condition associated with hyperestrogenism (eg: gynecomastia, Klinefelters or cirrhosis). Symptoms for men to be aware of include breast lumps, nipple inversion, nipple discharge and pain in the breast. METRO NEWS SERVICE

## Paint sales benefit research

**PRODUCT** Fall is a good time to paint because it's still warm enough to keep the windows open.

Sico's Flat for Ceilings latex paint rolls on pink and dries to white, showing you areas you've already painted. So, you don't have to worry (much) about those extra splashes.

And, best of all, Sico is donating $1.25 from each gallon of paint sold across the country to the Canadian Cancer Society.

Sico's campaign, which kicked off Sept. 1, aims to raise $50,000 toward breast cancer research.

"There's a lot of excitement about this," says Stéphanie Pelland, marketing communication manager for Sico.

Sico aims to sell 40,000 gallons of paint, which retails for $26.99, to reach its goal.

TORSTAR NEWS SERVICE

## In brief

**DIAGNOSING** Only five per cent of all breast cancer cases occur in women under 40. Diagnosing breast cancer in young women is more difficult because their breast tissue is generally denser than the breast tissue in older women. By the time a lump in a younger woman's breast can be felt, the cancer often is advanced. Breast cancer in women under 40 can also be more very aggressive and less likely to respond to treatment than breast cancer among older women. SOURCE: WEBMD

# DHA boosts babies' cognitive skills

## Adding fatty acid nutrient to formula can help develop goal-directed behaviour: Study

**Babies fed formula experimentally supplemented with the essential fatty acid DHA appear to have higher cognitive skills than infants given standard formula, a study has found.**

Previous research has shown that breast-fed babies have more advanced cognitive skills than formula-fed babies and those capabilities appear to persist into later childhood. Scientists have suggested the difference could be due to high levels of DHA found naturally in breast milk.

To test the theory, researchers at the Retina Foundation Southwest and the University of Texas studied more than 200 infants randomly assigned to be fed either DHA-fortified formula or standard formula.

The study included three groups of babies at different ages given one formula or the other: The first group within days of birth; the second group after six weeks of being breast-fed and weaned; and the third following four to six months of breastfeeding and weaning.

Researchers at the Retina Foundation Southwest and the University of Texas studied more than 200 infants randomly assigned to be fed either DHA-fortified formula or standard formula.

All the children were assessed at nine months of age using a problem-solving test in which they had to complete a sequence of steps to reach and grab hold of a rattle.

In the two-step test, the babies had to remove a cloth covering the rattle and pull another cloth on which the toy was placed so it was close enough to pick up, said James Drover, who helped conduct the study during a post-doctoral fellowship at the Retina Foundation in Dallas.

"So it's very goal-directed," Drover, now an assistant professor of psychology at Newfoundland and Labrador's Memorial University, said Tuesday from St. John's. "They have to carry out those behaviours in order to get the toy."

"And what we found was the children that were fed the DHA-supplemented formula were more likely to show these goal-directed behaviours. They had higher intentions scores. Not only that, but they were more likely to be successful on each trial."

Dr. Robert Issenman, chief of pediatric gastroenterology and nutrition at McMaster Children's Hospital, could not comment specifically on the study, but said DHA has long been suspected of being "a very important nutrient in infants in terms of their neuro-cognitive development."

In fact, DHA has routinely been added to formula given to premature infants and recently manufacturers began selling DHA-enhanced formula for all babies "on the premise that if it's good for the premature babies, it might be good for (full-)term babies."

Issenman, a spokesman for the Canadian Paediatric Society, said researchers would need to study children over time to determine whether inclusion of DHA in formula for infants actually has lasting effects on their cognitive abilities compared with kids who didn't get DHA-added formula.

"The Canadian Paediatric Society would say that one way to assure that you're getting appropriate levels of nutrients for infants is to breastfeed," he said from Hamilton. "And we encourage breastfeeding of all babies, exclusively for six months and at least to a year."

As to the benefits of adding DHA to formula, Issenman said the CPS "doesn't have a position on that at this time."

Bruce Holub, a professor of nutritional sciences at Ontario's University of Guelph, said the study used amounts of DHA in its enhanced formula that are rarely seen in the breast milk of Canadian mothers — but should be.

Holub, an expert in DHA and other Omega-3 fatty acids, said studies have shown that on average, pregnant and lactating women in Canada have DHA levels far below optimal.

Breastfeeding, when possible, is certainly recommended, he stressed. But women need to add more DHA-rich foods to their diets — especially fish — so their babies get enough of the nutrient in the breast milk.

The study appears in the September-October 2009 issue of the journal Child Development.

THE CANADIAN PRESS

### What is DHA?

- DHA, or docosahexaenoic acid, is found in high concentrations in the human brain and retina of the eyes. Dietary sources include oily fish, eggs and meat.

# The green winners

## Our eco-friendly picks include rollerball aromatherapy, a cool deodorant and an anti-frizz hair balm

RHONDA ROVAN/BEST HEALTH MAGAZINE

**Saijojo Calm Eco Smoothing Balm**
Saijojo is a new Canadian eco line of hair products with a Zen-inspired name meaning "great and perfect practice." Indeed, you'll feel calm knowing this frizz-fighting, shine-boosting styling cream contains camellia seed oil and vitamins that nourish hair, and that there are no parabens or synthetic fragrance and colours. ($26, 150 ml)

**J.R. Watkins Lip Tint**
These natural and slim little beeswax balms condition lips with a hint of shine and colour (you can layer them for more intensity). Shown here: Strike-a-Rose, left, and Simply Mauve-lous. ($6 each, 2.55 g)

**Aromatherapy Personals**
Made from all-natural oils, NuWorld Botanicals rollerballs come in 11 mood-enhancing blends to massage into pulse points. Aphrodisiac contains jasmine, sandalwood, ylang ylang and patchouli, purported to enhance sexual energy. Or boost your concentration and relaxation with Mental Clarity and Sweet Dreams, respectively. ($20 each, 9.6 ml)

**Erbaviva Lemon & Sage Organic Deodorant**
You can share this chemical-free spray deodorant with your natural guy — its woodsy scent is meant to appeal to women and men. Certified organic, it blends grain alcohol and essential oils of lemon, sandalwood, patchouli and tea tree oil. ($19, 100 ml)

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# Exercise extends survival even in 'oldest old': Study

**RESEARCH** Even in the "oldest old," a little physical activity goes a long way, extending life by at least a few years for people in their mid- to late 80s, Israeli researchers found.

The three-year survival rate was about three times higher for active 85-year-olds compared with those who were inactive. Getting less than four hours of exercise weekly was considered inactive; more than that was active.

The results "clearly support the continued encouragement of physical activity, even among the oldest old. Indeed, it seems that it is never too late to start," the researchers wrote in yesterday's Archives of Internal Medicine, which published the study. They noted that exercise reaped benefits even for previously sedentary 85-year-olds; their three-year survival rate was double that of inactive 85-year-olds.

Oldsters didn't have to be super-athletes to live longer; walking at least four hours weekly counted, even if it was just in 15-minute strolls a few times daily. "As little as four hours a week was as beneficial as more vigorous or prolonged activity," said study author Dr. Jeremy Jacobs, a geriatric specialist at Hadassah Hebrew University Medical Center in Jerusalem.

THE ASSOCIATED PRESS

# The cougar conundrum

## Double standard still exists for older women, younger men

The J Spot

Josey Vogels

metronews.ca/thejspot

When Claudia Openkelder told me that ABC refused to run her ad for CougarLife.com in certain markets during the premier of Courtney Cox's new series Cougar Town because advertising a service that helps older women meet younger men clashed with the network's Disney-affiliated image, I was as taken aback as she was.

Surely, I thought, six years into Demi Moore and Ashton Kutcher, we're no longer shocked by the idea of older women dating, even marrying, much younger men.

But then I tried to imagine how I'd feel if the advertiser were sugardaddy.com or establishedmen.com, one of the many sites that set older men up with young women.

Would I be equally dumbfounded? I doubt it.

But that's because powerful, wealthy men have been dating younger women for years and nobody bats an eye, says Openkelder, who, at age 39 is dating a guy 14 years younger.

Now that women are enjoying more independence, wealth and power than ever before, we're seeing more women looking for a young, spirited mate who can keep up with her.

Certainly, women still have more hurdles to overcome in this arena. I am reminded of a story that a colleague told me about her marriage to a guy five years younger.

**"Powerful and wealthy men have been dating younger women for years."**

His mother walked around her wedding telling people: "She's older than him, you know, AND a divorcee!" I kid you not. Surely, had it been the other way around, no one would have blinked.

And the irony of ABC's decision not to run her ad — which depicts a bunch of shirtless construction workers outside a school ogling the teacher rather than the students — during a series all about older women dating younger men is not lost on Openkelder.

"Apparently, they're okay with a fiction version of this idea, but they're not comfortable with the reality," she says.

I just worry that the Cougar is becoming yet another image modern women have to live up to. After all, CougarLife.com describes cougars as independent, sexy, wildly successful, classy, confident, smart. Phew. Meanwhile the only adjective for the men over on establishedmen.com is "financially successful."

I couldn't agree more that as women enjoy more independence and power they should also enjoy a greater variety of choices when it comes to all aspects of their lives.

But for me, the double standard will only really end when we don't have to bend over backwards convincing society that women still have a shelf life after 40. And no one blinks when we marry a younger man.

• Share your best relationship disaster story on the comments section of Josey's Sexcetera blog at metronews.ca/blog.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

After Demi Moore and Ashton Kutcher, are we still shocked by the idea of older women dating, or even marrying, younger men? Looks like some people still are.

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**Liquid Assets column**
What do Peter Rockwell, Tom Cruise and U2 have in common? They're all in this week's Liquid Assets column. Check out metronews.ca/liquidassets to read about Peter's very special concert sipping experience. METRO NEWS SERVICES

# Food

**For new ideas on how to prepare your turkey and all its fixings, try the 20minute supperclub.com Thanksgiving Guide. Maple Squash, Paper Bag Roast Turkey and many other fall recipes await you.**

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EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

# Leaving you warm and full this fall

CARLO MENDOZA PHOTOS

## Pan Fried Trout with Zucchini and Pine Nuts

Recipe Developed by Paula Bowman.

**SERVES 4**
**PREP TIME: 10 MINUTES**
**COOKING TIME: 20 MINUTES**

**INGREDIENTS:**
- 2 small zucchini (about 8oz), trimmed, sliced lengthwise into 1/16-inch ribbons
- 1 small squash, trimmed, sliced lengthwise into 1/16-inch ribbons
- 1/4 teaspoon kosher salt, plus more for seasoning
- 1/4 cup baby watercress
- 1/4 teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon thyme leaves, or regular thyme
- 1 teaspoon honey
- 1/4 cup, plus 2-teaspoons fruity olive oil
- 1/4 cup pine nuts
- 4 (6oz) fresh rainbow trout fillets

**METHOD:**

1. In a colander, toss zucchini and squash ribbons in 1/4-teaspoon salt and set aside for 10 minutes. Pat dry with paper towels and set aside in a bowl with watercress.

2. In a small bowl, whisk lemon zest and juice, thyme leaves and honey together. Slowly whisk in 1/4-cup olive oil to blend. Season with salt and pepper and set aside

3. In a large dry non-stick skillet, set over medium-high heat, add pine nuts and stir constantly until golden brown, about 4 minutes. Remove from skillet and set aside. Return skillet to heat and add 2 teaspoons olive oil. Working in batches as necessary so as not to overcrowd the skillet, gently place trout fillets, skin-side up and cook until golden brown, about 2 minutes. Carefully flip fish over and cook the other side until fish is cooked through, about 2-3 minutes. Remove from pan, keep warm and cook second batch of fish, adding more oil as necessary.

4. To serve, pour 1 tablespoon vinaigrette over zucchini and watercress, season with salt and pepper and gently toss. Divide equally between 4 plates, set trout over top of zucchini and sprinkle pine nuts around fish. Spoon remaining vinaigrette over fish or serve on the side to be poured over fish as desired.

## Spicy Caramelized Pecans & Cranberry Brie

Recipe Developed by Dana McCauley.

**SERVES 6**
**PREP TIME: 10 MINUTES**
**COOKING TIME: 5 MINUTES**

**INGREDIENTS:**
- 1/2 cup lightly packed brown sugar
- 1/4 cup corn syrup
- 1/4 cup unsalted butter
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon hot pepper sauce
- 1-1/2 cups pecan halves, roughly chopped
- 1/2 cup dried cranberries
- 1 3-inch round, Brie cheese

**METHOD:**

1. Combine brown sugar, corn syrup and butter in a small, heavy-bottomed saucepan set over medium heat. Stir mixture until it comes to a boil. Boil gently, without stirring, for 1 minute.

2. Remove from heat and, shielding hands with oven mitts, quickly whisk in baking soda. Stir in salt, hot sauce, pecans and dried cranberries until mixture begins to set, about 30 seconds.

3. Working quickly, mound warm nut mixture on top of Brie and let caramel cascade down sides of cheese.

20 minute SUPPER CLUB

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**Fans snap up tickets to Jackson documentary**

In a frenzy to score tickets to the Michael Jackson music documentary This Is It, fans began lining up three days earlier and snapped up all 3,000 tickets to the L.A. advanced screenings in just two hours on Sunday. METRO NEWS SERVICES

# Entertainment

**Quick hitch**

In what proved to be an elegant finale to their month-long courtship, Khloe Kardashian wed Los Angeles Laker Lamar Odom on Sunday evening at a private residence in Beverly Hills. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

## Gaga defends Kanye

**Kanye West can rest assured that tour mate Lady Gaga has got his back.**

Gaga said yesterday it was unfair of fans to judge West for his on-stage confrontation with Taylor Swift at the MTV Video Music Awards this month.

"I can tell you that he's very sorry, and he made a mistake, and he knows it," Gaga over the telephone from Virginia, while she munched on cereal.

"But at the end of the day, he is a pioneer in hip-hop music, and he changed what hip-hop music means. And I think that it's time for everyone to kind of take their heads out of the newspapers and remember that, in truth, Kanye's making most of the music we hear on the radio today.

"He has a tremendous effect on everybody's lives and I think it's unfair to judge a person by one thing that they said."

West's latest award-show antics came after Swift beat out Beyoncé to win Best Female Video for her hit You Belong With Me.

Just after the 19-year-old country phenom approached the microphone to accept the award, West hopped on stage, grabbed the mike and declared that Beyoncé's Single Ladies (Put a Ring on It) was one of the "best videos of all time." Swift didn't finish her speech until Beyoncé later invited her on stage.

THE CANADIAN PRESS

# Monkeys mellow out

## Scrappy British rockers took their time making third album

CAM LINDSAY
for Metro Canada

**Just three years ago Arctic Monkeys became an overnight rock 'n' roll phenomenon in the U.K. when the band released it's debut album, Whatever People Say I Am, That's What I'm Not.**

It set the record for the fastest-selling debut album, won the highly coveted Mercury Prize and a BRIT Award for Best Album. For a bunch of 20-year-olds the whirlwind experience must have put them on the brink of losing it, but frontman Alex Turner talks like it was just part of their job.

"I don't think we were ever gonna crack," he says. "It seems different to me being involved in it. We all grew up on the same street practically, we've known each other for a number of years now and I guess that helps you bypass a lot of that bulls—."

Things have certainly calmed down over the last two years for Turner who says that "it's a really good feeling, these days." After rushing a second album, the band was not only able to take its time with album number three, but do it out in the Mojave Desert with Queens of the Stone Age lynchpin Josh Homme.

The partnership had many imaginations running wild over what kind of heaviness Homme could bring to the band's third album Humbug, but Turner says it brought very different results.

GUY ARCH

The Arctic Monkeys got help from Queens of the Stone Age's Josh Homme on new album Humbug.

**"When we started off we were kind of wild and treacherous, but I think we really trimmed it back while we were with Josh (Homme)."**
Alex Turner

"When we started off we were kind of wild and treacherous, but I think we really trimmed it back while we were with Josh," he says. "Before that the songs were full-on and fast. And then we kind of elected to change the plan a little bit and then slowed down and mellowed out compared to our first two records.

"We really wanted to shed our skins after the first album, and prove to ourselves that it wasn't just luck. We did rush that second album, but I think because of that we were able to breathe a little bit more before we made this record. The whole process of Humbug was a lot more relaxed.

Humbug is looser, more impulsive and darker than its predecessors. While it might not be the album some people expect from the band at this stage, one thing's for sure: the band's dynamic two-guitar blast is better than ever.

According to Turner the desert sessions helped them confront a fear of theirs. "We learned a lot working with Josh and (engineer) Alain Johannes in the guitar department especially. Solos, I think we'd always been frightened of before this record, but they encouraged Jamie (Cook) and I to step it up."

## DVD picks

### Monsters vs. Aliens

**Director: Rob Letterman, Conrad Vernon**

**SLIP ON YOUR 3-D SPECS** and dig the 1950s-ish angle of this animated comedy: Patriotic Yankee monsters who are summoned to save the planet from a four-eyed alien nerd.

These monster mash-ups are rad, dad, all blasts from classic films. The best of them are Ginormica (Reese Witherspoon), a giantess just one inch shorter than the title freak of Attack of the 50 Ft. Woman, and B.O.B. (Seth Rogen), a sapphire splodge getting jiggy with the icky entity from The Blob.

It's a bit of a stretch to say they're fighting "aliens." It's really just one megalomaniac midget who goes by the vainglorious handle Gallaxhar (Rainn Wilson).

Co-directors Rob Letterman (Shark Tale) and Conrad Vernon (Shrek 2) have packed everything but a tray of Rice Krispie squares into the tale (although there is a Jell-O mould), and it's clear the project was near and dear to their geeky li'l hearts.

It's almost too much love. Combining outer-space Armageddon with female empowerment makes for an embarrassment of riches. But the characters are fun, and now that we've met them, let's hope for a boffo sequel. Extras include four pair of 3D glasses, a commentary track, deleted scenes, behind-the-scenes featurettes and a bonus cartoon about Rogen's B.O.B. character.

### The Girlfriend Experience

**Director: Steven Soderbergh**

**MORE ABOUT THE IDEA** of sex than the act of it, Steven Soderbergh's exploration of lust for sale is low on carnality but big on authenticity.

Real-life porn star Sasha Grey is Chelsea, a New York prostitute who commands top dollar for providing the illusion of emotional attachment along with sexual gratification.

There's no sex and very little nudity in the film, which will disappoint anyone who doesn't know the director's Spartan aesthetic, in which art always triumphs over orgasms.

Grey makes for a fascinating Soderbergh surrogate, balancing curiosity and drive with the desire for emotional detachment. On the basis of her work here, she may have a career outside of adult films, which she says she wants. Extras include a discussion of the film between Soderbergh and Grey plus a promotional featurette.

**PETER HOWELL/ FOR METRO CANADA**

## Silhouettes singer Wilson, 69, dies

**MUSIC** The Rev. John (Bootsie) Wilson, a former lead singer and last surviving member of the group The Silhouettes, has died. He was 69. The Michael A. Glenn Funeral Home confirmed yesterday that Wilson died Sept. 21 at his home in Spartanburg, S.C.

He joined The Silhouettes in 1961, after the original lead singer left the group which was perhaps best known for its 1958 No. 1 hit Get a Job. Wilson re-recorded the song with the group in 1968. He moved to South Carolina in 1972 and became a minister, serving as an African Methodist Episcopal pastor for three decades. Music historian Charlie Horner of Classic Urban Harmony calls Wilson's death the end of an era. **THE ASSOCIATED PRESS**

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

| VA | Vu | SC | C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| primetime 9/29/09 | 251 | 308 | 3 CBC | Wheel-Fortune | Jeopardy! (N) | Rick Mercer | 22 Minutes | Being Erica Lover's quarrel. | | CBC News: The National (N) | | (:05) The Hour |
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| | 289 | 381 | 15 CBS | Entertainment | The Insider | NCIS "Reunion" (N) (CC) | | NCIS: Los Angeles (N) (CC) | | The Good Wife "Stripped" (N) | | KIRO News |
| | 287 | 379 | 16 NBC | Evening Mag. | Inside Edition | The Biggest Loser (N) (CC) | | | | The Jay Leno Show (N) (CC) | | KING 5 News |
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| | 288 | 380 | 21 ABC | Wheel-Fortune | Jeopardy! (N) | Shark Tank (N) (CC) | | Dancing With the Stars (CC) | | the forgotten "Diamond Jane" | | KOMO 4 News |
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| | 553 | 546 | 53 TRE | Babar (CC) | Zigby | Max & Ruby | Dragon | Backyard | Ni Hao | Go, Diego, Go! | Franklin | Comfy Couch |
| cable variety | 268 | 354 | 5 KNO | Frontiers of Construction | | First Australians (N) (CC) | | Helvetica (2007) Michael Bierut. Premiere. (CC) | | | Recreat. Eden | Big Fat Diet |
| | 575 | 583 | 20 CMT | Home Imp. | Home Imp. | Wilsons | Wilsons | Reba (CC) | Reba "Issues" | According-Jim | According-Jim | Home Imp. |
| | 570 | 580 | 24 MM | MuchNews | My Date | One Tree Hill (CC) | | Starmaker | | MuchNews | Love Court | Spotlight Pink. |
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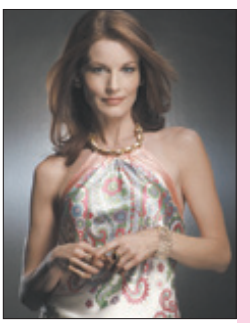
| | 627 | 528 | 45 SPC | Fringe (N) (CC) | | InnerSpace | Stargate SG-1 "Emancipation" | | Star Trek: Next Gener. | | Star Trek: Voyager (CC) | |
| | 294 | 650 | 47 TBS | The Office | The Office | Seinfeld | Seinfeld | Sex and-City | Anacondas: The Hunt for the Blood Orchid ★★ (2004) (CC) | | | |
| | 619 | 525 | 48 TROP | '70s Show | '70s Show | The Outer Limits (CC) | | ET Canada | Switch (N) | Family Guy | '70s Show | '70s Show |
| | 603 | 561 | 52 FN | Good Eats | Good Eats | Iron Chef America (CC) | | Unwrapped | Unwrapped | Hell's Kitchen (CC) | | Good Eats |
| | - | - | 53 AMC | (5:00) Any Given Sunday ★★★ (1999) | | | Kiss Kiss, Bang Bang ★★★ (2005) Robert Downey Jr. (CC) | | | | Mad Men (CC) | |
| | 626 | 547 | 57 COM | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | House Party | Comedy Inc. | Daily Show |
| | 320 | 621 | 60 CEN | (6:20) Screamers: The Hunting | | Eagle vs. Shark ★★ (2007) Loren Horsley. | | | Awake ★ (2007) Hayden Christensen. (CC) | | | Walk Hard |
| | 581 | 566 | 101 MTV | The Hills | After | MTV Live | MTV News | Hills Wedding | Bitch Is Back | The Hills | After | MTV Live |
| | 261 | 394 | 102 V | Unscripted | Supernatural | Enigma (CC) | | The Manchurian Candidate ★★★ (1962) Frank Sinatra, Laurence Harvey. | | | | |
| | - | - | 105 MUL | Banquet | Boys Over Flo | Il Caffe | | In Germany | Euromaxx | Schauplatz | Euro. Journal | Patrol World |

## critics' corner

**Melrose Place**

Sydney's (Laura Leighton) sister, Jane Mancini (guest star Josie Bissett), comes to Melrose Place and makes a startling announcement. Violet (Ashlee Simpson-Wentz) flees through a window when Detective Rodriguez (Nicholas Gonzalez) tries to grill her about her connection to Sydney. Lauren (Stephanie Jacobsen) decides to take her "side job" to the next level. Kelly Carlson guest stars in the new episode "Vine." 6 PM on WPX; 9 PM on TLA CW



**The Biggest Loser**

The contestants get an offer that is very hard to refuse, although it means losing trainers Bob Harper and Jillian Michaels for the week. Later, the players face their first temptation, which will leave the winner with control over the weigh-in. Jillian grows frustrated with a contestant she thinks is too focused on playing the game, while another player sustains an injury that will hamper her workouts. Alison Sweeney hosts. 8 PM on NBC; CITY

**Shue, Robach engaged**

Original Melrose Place hunk Andrew Shue, left, and Today's Amy Robach are engaged, People reports. Both Shue, 46, and Robach, 36, are recently divorced, according to the magazine. TVGUIDE.COM

# Global wrangle over Polanski

## Director determined to defend himself: Lawyer

**Imprisoned director Roman Polanski is in a "fighting mood" and will battle U.S. attempts to have him extradited from Switzerland to California to face justice for having sex with a 13-year-old girl in 1977, his lawyer said yesterday.**

An international tug-of-war over the 76-year-old director escalated yesterday as France and Poland urged Switzerland to free him on bail and pressed U.S. officials all the way up to Secretary of State Hillary Clinton on the case.

Roman Polanski

Polanski was in his third day of detention after Swiss police arrested him Saturday on an international warrant as he arrived in Zurich to receive a lifetime achievement award from a film festival.

Authorities in Los Angeles consider Polanski a "convicted felon and fugitive." The director had pleaded guilty to unlawful sexual intercourse in 1977 with a 13-year-old girl. He was sent to prison for 42 days but then the judge tried to renege on the plea bargain. On the day of his sentencing in 1978, aware the judge would sentence him to more prison time, Polanski fled to France.

Polanski has told Swiss officials that he will contest a U.S. request that he be transferred to the United States, attorney Herve Temime said in an email. Temime said Polanski's legal team would try to prove that the U.S. request was illegal and that the Oscar-winning director should be released from Swiss custody.

"Taking into account the extraordinary conditions of his arrest, his Swiss lawyer will seek his freedom without delay," Temime said.

ENNIO LEANZA/THE ASSOCIATED PRESS

A man holds a "Free Polanski" sticker as he waits at the film festival in Zurich Sunday. Famed director Roman Polanski was apprehended by Swiss authorities Saturday on am international warrant.

**"(Polanski was) thrown to the lions ... there is a scary America that has just shown its face."**
French Culture Minister Frederic Mitterand

The lawyer said he was able to speak with Polanski from his Zurich cell.

"He was shocked, dumbfounded, but he is in a fighting mood and he is very determined to defend himself," Temime said.

While France expressed hope that Polanski would be freed shortly, Swiss officials said there would be no rash decision.

In Paris, French Foreign Minister Bernard Kouchner said he hoped Polanski could be quickly freed by the Swiss, calling the apprehension a "bit sinister." He and his Polish counterpart Radek Sikorski wrote to Clinton and called Swiss Foreign Minister Micheline Calmy-Rey about the case.

"(Polanski was) thrown to the lions," said French Culture Minister Frederic Mitterrand. "In the same way that there is a generous America that we like, there is also a scary America that has just shown its face."

THE ASSOCIATED PRESS

## Polish filmmakers rally around Polanski

Oscar-winning director Andrzej Wajda and other Polish filmmakers appealed Monday to U.S. and Swiss authorities to free Roman Polanski, decrying his arrest as a "provocation."

Their appeal came as the Polish and French governments wrote to U.S. Secretary of State Hillary Clinton and called up Swiss Foreign Minister Micheline Calmy-Rey about the case.

The Polish Filmmakers Association called on Switzerland to immediately release Polanski and urged U.S. officials to review their indictment.

In a letter on their website, the Polish filmmakers noted Polanski's "great contribution to the world of cinematography" and criticized his arrest as he arrived to receive a lifetime achievement award from the Zurich Film Festival as a "provocation."

They said Polanski's action decades ago deserves a "negative moral evaluation" but said he fled America fearing that he would not have a fair trial.

Polanski, the director of Chinatown, Rosemary's Baby and The Pianist, reached a plea deal in 1978, but was threatened with more prison time than previously agreed upon and fled to France before he was formally sentenced.

Jacek Bromski, the head of the Polish Filmmakers Association, said in the eyes of the public, Polanski has already "atoned for the sins of his young years."

Andrzej Wajda

"He has paid for it by not being able to enter the U.S. and in his professional life he has paid for it by not being able to make films in Hollywood," Bromski said.

Polanski spent his childhood and early adult years in Poland and survived the Holocaust there thanks to strangers who hid him in the countryside. He made his feature debut with the 1963 psychological thriller Knife in the Water, considered today a Polish classic film, before leaving for the West.

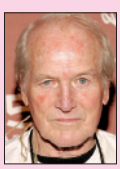
His international success has been a source of pride for many Poles. "He survived the Holocaust, was in hiding during World War II, he left Poland because he did not accept the communist system, he sought to turn his dreams into life," noted Agnieszka Odorowicz, the head of Poland's Film Institute.

THE ASSOCIATED PRESS

## Dad enjoyed being Nixon's enemy: Newman's daughter

**LEGEND** Paul Newman liked to joke about his trademark blue eyes, musing that if they turned brown his career might be in jeopardy, and was delighted to learn he was on Richard Nixon's enemies list, the Academy Award-winning actor's daughter said Monday.

Nell Newman, whose father died a year ago at age 83, gave a rare glimpse into the actor's life in an interview with The Associated Press. She was meeting with reporters in Connecticut as part of an effort by her company, Newman's Own Organics, to highlight its partnership with McDonald's Corp. The fast food chain sells Newman's Own coffee at some of its restaurants in the Northeast.



Newman

She said her father considered himself lucky and wanted to give back, leading to his passion for philanthropy.

"He always used to joke if his eyes turned brown, what would happen to his career," she said. "He always felt he was just really lucky."

Newman believed in supporting small organizations that did not have wealthy connections, his daughter said. THE ASSOCIATED PRESS

**Kasabian gets a Gallagher**
Noel Gallagher is joining Kasabian. The rock legend — who quit Oasis last month after a furious row with brother, and the group's frontman, Liam — will appear with the band on its forthcoming U.K. tour. FEMALEFIRST.CO.UK

# 70 years on, back to Oz in Blu Ray

## Original Munchkins celebrate release

CHARLES SYKES/THE ASSOCIATED PRESS

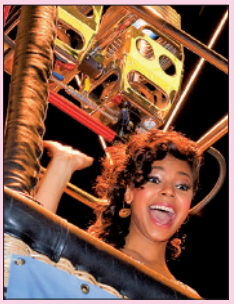
Original Munchkins Jerry Maren, Margaret Pellegrini and Karl Slover attend the Wizard of Oz 70th Anniversary Emerald Gala in New York last week.

RICHARD CROUSE
for Metro Canada

**"We always say the age range for The Wizard of Oz is from fetal to fatal," jokes Oz expert John Fricke. It's a funny line, but there is a ring of truth to it.**

The movie, whose birthday is being commemorated by the lovingly restored Wizard of Oz: 70th Anniversary Ultimate Collector's Edition Blu Ray, is beloved by old and young. For the surviving cast members the appeal is easy to define.

"Everybody can enjoy it," says Karl Slover, age 91, who was just two feet tall when he played the first trumpeter. "There's no filthy language in it. I don't see no bikinis! No nudist colonies! Kids can watch it and parents don't have to worry because there's nothing bad in there."



Singer Ashanti rides in a hot air balloon at the Wizard of Oz 70th Anniversary Emerald Gala at Tavern in New York.

Slover is one of just six actors left of the 124 "little people" assembled to play the Munchkins in the film. He had some previous film experience but not all the actors were Hollywood regulars.

"I was in the movie because I was the right size and that's all they wanted," says Villager Munchkin Ruth Duccini, age 91, who adds that she can't sing or dance very well.

"I grew up in a small town in Minnesota and I didn't know there were other little people." But once she got on set she found she wasn't alone. "I remember all the little people and that was so great; 123 people that you could stand and talk to without talking to a belly-button."

Ruth adds that star Judy Garland was just as excited about having all little people in one place as she was and Munchkin Flowerpot Hat dancer Margaret Pellegrini (age 86) says Garland treated all the Munchkins to candy and a keepsake at Christmas.

"On Christmas Eve morning when she came to work she opened the door to her (dressing room) and there she had a whole stack of black and white pictures and she invited each and every one of us in and gave each a picture. Mine says 'To Margaret from your pal Judy.' I still have it."

Garland's daughter Lorna Luft says her mom loved working on The Wizard of Oz. "This movie was special for her. She told me the hardest thing about the film was being afraid of (Wicked Witch) Margaret Hamilton because she was very sweet. She also told me that unfortunately the dog had the worst breath."

# Lucy, who inspired Beatles song, dies

Lucy Vodden, who provided the inspiration for the Beatles' classic song Lucy in the Sky with Diamonds, has died after a long battle with lupus. She was 46.

Her death was announced yesterday by St. Thomas' Hospital in London, where she had been treated for the chronic disease for more than five years, and by her husband, Ross Vodden.

Britain's Press Association said she died last Tuesday. Hospital officials said they could not confirm the day of her death.

Vodden's connection to the Beatles dates back to her early days, when she made friends with schoolmate Julian Lennon, John Lennon's son.

Julian Lennon, then four years old, came home from school with a drawing one day, showed it to his father, and said it was "Lucy in the sky with diamonds."

At the time, John Lennon was gathering material for his contributions to the 1967 album Sgt. Pepper's Lonely Hearts Club Band.

The elder Lennon seized on the image and developed it into what is widely regarded as a psychedelic masterpiece, replete with haunting images of "newspaper taxis" and a "girl with kaleidoscope eyes."

Rock music critics thought the song's title was a veiled reference to LSD, but John Lennon always claimed the phrase came from his son, not from a desire to spell out the initials LSD in code.

**"I don't relate to the song, to that type of song."**
Lucy Vodden

Vodden lost touch with Julian Lennon after he left the school following his parents' divorce, but they were reunited in recent years when Julian Lennon, who lives in France, tried to help her cope with the disease.

He sent her flowers and vouchers for use at a gardening centre near her home in Surrey in southeast England, and frequently sent her text messages in an effort to buttress her spirits.

"I wasn't sure at first how to approach her," Julian Lennon told the Associated Press in June. "I wanted at least to get a note to her. Then I heard she had a great love of gardening, and I thought I'd help with something sh"s passionate about, and I love gardening too. I wanted to do something to put a smile on her face."

In recent months, Vodden was too ill to go out most of the time, except for hospital visits.

She enjoyed her link to the Beatles but was not particularly fond of Lucy in the Sky with Diamonds.

John Lennon's son Julian's childhood friend Lucy Vodden inspired the Beatles song Lucy in the Sky with Diamonds, which was included in the album Sgt. Pepper's Lonely Hearts Club Band.

"I don't relate to the song, to that type of song," she told the Associated Press in June. "As a teenager, I made the mistake of telling a couple of friends at school that I was the Lucy in the song and they said, 'No, it's not you, my parents said it's about drugs.' And I didn't know what LSD was at the time, so I just kept it quiet, to myself."

THE ASSOCIATED PRESS

**Danes secretly ties the knot**

Claire Danes and British actor Hugh Dancy got married in a low-key wedding in France. The pair tied the knot earlier this month at a small ceremony attended by family and close friends, an insider says. LIFEANDSTYLEMAG.COM

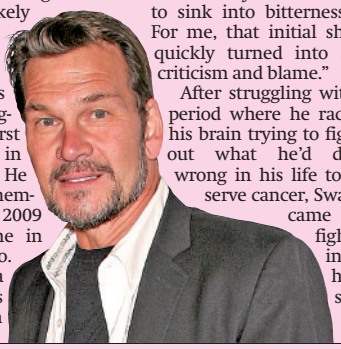
# Celebrity Buzz

## Swayze knew he was a 'dead man'

**BOOK CONFESSIONS** "When my doctors at Cedars-Sinai in Los Angeles said the words 'pancreatic cancer,' a single thought popped into my head: I'm a dead man," says the late actor Patrick Swayze, who two weeks ago died of the disease at age 57.

His inner thoughts on his acting career, his illness and his legacy are being aired in his audiobook Time of My Life, which Simon & Schuster released yesterday.

In the tapes, which Swayze narrated himself (along with Lisa Niemi), the actor recalls how he sank into a miasma of "anger, bitterness and despair" soon after finding out that he wasn't likely to live past a few months.



News of his cancer diagnosis was first announced in spring 2008. He wrote his memoirs in June 2009 at his home in New Mexico.

"Now, a lot of things go through your head when you get a death sentence handed to you, starting with: 'Why me?'" he says. "It's hard not to sink into bitterness … For me, that initial shock quickly turned into self-criticism and blame."

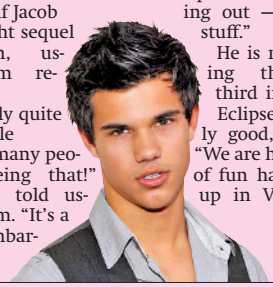
After struggling with a period where he racked his brain trying to figure out what he'd done wrong in his life to deserve cancer, Swayze came out fighting, he says. "I was not ready to go, and I'd be damned if this disease was going to take me before I was good and ready," he says. "So I said to my doctor, 'Show me where the enemy is and I'll fight him.'"

The actor also looks back on his life, including one of the highlights of his career — the pottery-making moment with Demi Moore in 1990's Ghost. "We really made up the scene as we went along," he says. "It was pretty sexy playing in all that clay, so all we had to do was go with it …"

METRO NEWS SERVICES

## Lautner dislikes body talk

**MUSCLE BOUND** Fans have been howling over Taylor Lautner, who has packed on 30 pounds of muscle to play werewolf Jacob in the Twilight sequel New Moon, us-magazine.com reports.



"It's actually quite uncomfortable knowing so many people are seeing that!" Lautner, 17, told us-magazine.com. "It's a little bit embarrassing!"

Beefing up took "a lot of hard work," said Lautner, who also goes shirtless in the sequel. "Eating, working out — a lot of stuff."

He is now shooting the film's third installment Eclipse. "It's really good," he said. "We are having a lot of fun hanging out up in Vancouver."

METRO NEWS SERVICES

## Roberts' hours irritate locals

**COMPLAINTS, COMPLAINTS** Julia Roberts' shooting schedule for Eat, Pray, Love isn't making her any friends among the faithful in India.

According to the Times of India, locals are furious that the production has taken over a temple and restricted access.

"They are allowing entry in the temple only between 6 a.m. and 8 a.m. in the morning and 6 p.m. and 9 p.m. in the evening," one source tells the newspaper, while another adds, "I went to the temple this morning, but was turned away by security guards.

"It is really bad that even devotees are being barred from entering the Ashram."

METRO NEWS SERVICES

## Contractors claim Pammy defaults on mansion bills

**COURT** Former Baywatch star Pamela Anderson has released a statement to dispel rumours she is reportedly millions of dollars in debt and facing lawsuits over renovations of her Malibu home.

"No one has been paid for six months," Contact Music reports a worker hired to update Anderson's house as saying. "She doesn't have any sense of reality. There are poor workers who have families to feed and she isn't doing anything to pay them."

Anderson released the following statement: "It is true that I am in a dispute with some of the contractors working on my home. This is because after paying millions of dollars to build the house I continue to get bills from the contractors. My lawyers are reviewing the work done to see if the bills are fair. If they are, they'll be paid. "If they aren't, they won't be."

METRO NEWS SERVICES

## Seacrest rumoured to be the next Larry King

**REALLY?** Larry King's contract with CNN is up in 18 months, and insiders are speculating as to whether the 75-year-old will finally retire — and who will replace him. Sources claim Ryan Seacrest is the obvious favorite, followed by Joy Behar and CNN's own John King. "Larry will step down in 18 months," a source insists to Page Six. "Ryan is the popular choice to take over, but his deal with Fox makes him unreachable. John King is popular but is more at home on politics."

METRO NEWS SERVICES

## Khloe's wedding inspires sis to see ex

**EX FACTOR** Not long after Khloe Kardashian and Lamar Odom said "I do," Kim Kardashian hopped on the first flight to New Orleans late Sunday night allegedly to see her ex-flame, Reggie Bush, popeater.com reports.

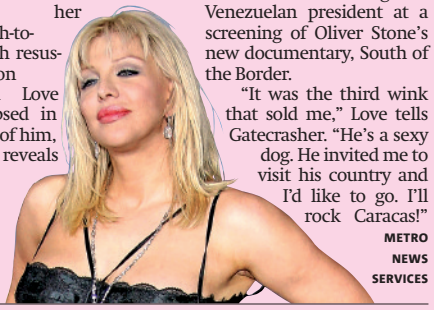
"The wedding made her miss him, so she flew to see him," an insider tells E! News. The couple split in July after more than two years, and while they have been spotted together since, this is the first confirmation that they are once again coupled up.

METRO NEWS SERVICES

## Courtney hot for Venezuelan prez?

**THOSE LATIN MEN** While many women claim they would give up their lives to lock lips with Johnny Depp, musician Courtney Love has come the closest of them all, popeater.com reports.

The Pirates of the Caribbean star once gave her mouth-to-mouth resuscitation when Love collapsed in front of him, she reveals in Britain's Style magazine.



"I was going to die on a few occasions. Johnny Depp gave me CPR on one," she says.

It is also being reported that Love was swept off her feet recently by Hugo Chavez after meeting the Venezuelan president at a screening of Oliver Stone's new documentary, South of the Border.

"It was the third wink that sold me," Love tells Gatecrasher. "He's a sexy dog. He invited me to visit his country and I'd like to go. I'll rock Caracas!"

METRO NEWS SERVICES

## Celebrity tweets

Eddie Izzard approves of your work, Mother Nature, Katy Perry spends the evening in, Paula Abdul feels the burn, and and Joel McHale has some confusion about breakfast — and he's not alone.

- @eddieizzard Great sunset today. Well done September.
- @katyperry Had 2 give up my Brit Spears tix 4 tonight, heart breaking! Have to focus on something more important... secret (sittin@ home watchin spun!)
- @PaulaAbdul I am so sore today! I know its weird but it makes me feel good to be sore after a hard work out. It means I did a good job. Results now plz!
- @joelmchale What's the difference between an omelet and a "scramble"? The server here doesn't seem to know either.

## No baby talk for Jude

**HIS LIPS ARE SEALED** Jude Law made a stop at Live with Regis and Kelly recently to promote his Broadway run in Hamlet, but one hot topic of conversation quite conspicuously didn't come up.

During the chat, no one mentioned the baby Law recently had with Samantha Burke.

"He has banned interviewers from asking about it before agreeing to sit with them," a source tells Page Six, though the actor's rep insists the claim is "ridiculous."

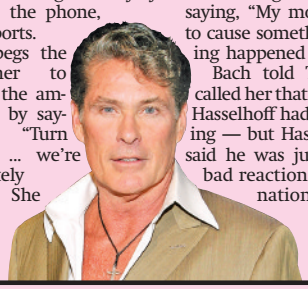
"No subjects are banned."

METRO NEWS SERVICES

## Kid blames mom for Hoff call

**PRANK** TMZ has obtained the 9-1-1 calls that resulted in David Hasselhoff being taken to the hospital last week — and in one them, the actor's daughter tells the dispatcher her mother got someone to call 9-1-1 just to start a bunch of drama.

In the first call, one of Pamela Bach's friends calls 911 to report an incident at Hasselhoff's house. When the dispatcher calls the house, his daughter Hayley answers the phone, TMZ reports.



She begs the dispatcher to call off the ambulance by saying, "Turn around … we're completely fine." She then blames the whole thing on her mother, saying, "My mom is trying to cause something … nothing happened here at all."

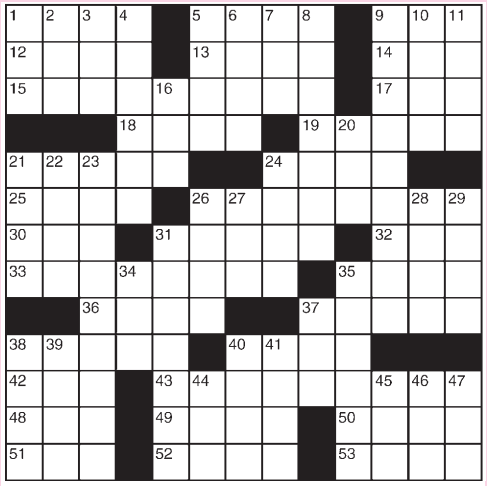
Bach told TMZ Hayley called her that day and said Hasselhoff had been drinking — but Hasselhoff later said he was just having a bad reaction to a combination of meds.

METRO NEWS SERVICES

The Weather Network ©The Weather Network 2009
Today Showers 15° / 8°
Wednesday Mainly sunny 14° / 8°
Thursday Rain 90% 14° / 9°
TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

# Take Five



**ACROSS**

1 Burden
5 Tulip, at first
9 Wildebeest
12 Crumbly cheese
13 Screenwriter James
14 Erstwhile acorn
15 Is unhappy
17 Prior night
18 Salver
19 Firetruck gear
21 Memory units
24 Bob's "Road" co-star
25 Stentorian
26 Book before Ecclesiastes
30 Blunder
31 Ralph of "The Waltons"
32 Mound stat
33 They drill and fill
35 Squad
36 Deadly septet
37 Treasury
38 Carried on
40 Ski lift type
42 "Ben- —"
43 Angry
48 Coach Parseghian
49 Elliptical
50 Tittle
51 Has permission
52 Leaf gatherer
53 Out of bounds

**DOWN**

1 Vacationing
2 Born
3 Salt Lake athlete
4 Tended an icy walkway
5 Ali —
6 Unsightly
7 Romanian money
8 Marge Simpson's 'do
9 Becomes eco-friendly
10 Church area
11 Guitars' kin
16 Former jrs.
20 Indivisible
21 Evidenced a cut
22 Days gone by
23 Ages, maybe
24 Automatons, for short
26 Bridge option
27 Fabric-dye brand
28 Pitt or Paisley
29 — Club (discount store)
31 With 34-Down, broad neckwear
34 See 31-Down
35 Bombastic
37 Enthusiast
38 "Pow!"
39 Emanation
40 Ship-building wood
41 Ill will
44 Actress Mendes
45 Shad product
46 Greek vowel
47 Pop

## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 6 | | 8 | | | 4 | |
| | 2 | 8 | | 6 | | | | |
| 1 | | 7 | | | 3 | | | |
| | 8 | 1 | | | | | | 7 |
| | 4 | | 8 | | 2 | | 1 | |
| 3 | | | | | | 5 | 2 | |
| | | | 9 | | | 6 | | 4 |
| | | | | 4 | | 8 | 5 | |
| | 9 | | | 5 | | 1 | | |

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

| | | | | | | | | |
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| E | L | E | V | A | T | O | R | ■ |
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| ■ | ■ | ■ | N | E | W | ■ | T | H |
| A | R | B | U | S | ■ | K | E | Y |
| L | O | R | E | ■ | C | O | N | D |
| P | T | A | ■ | P | H | A | S | E |
| ■ | C | Y | C | L | O | N | E | ■ |
| ■ | ■ | ■ | L | E | I | S | ■ | S |
| C | A | V | I | A | R | ■ | F | L |
| A | L | O | E | ■ | B | A | R | I |
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| A | B | E | L | ■ | ■ | ■ | ■ | ■ |
| R | U | B | E | ■ | ■ | ■ | ■ | ■ |
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| T | H | O | R | N | S | ■ | ■ | ■ |
| K | E | Y | S | ■ | ■ | ■ | ■ | ■ |
| C | O | N | D | O | N | E | ■ | ■ |
| P | H | A | S | E | ■ | I | R | A |
| C | L | I | P | ■ | ■ | C | L | O |
| S | H | E | E | R | ■ | L | E | I |
| ■ | F | L | U | ■ | ■ | ■ | ■ | ■ |
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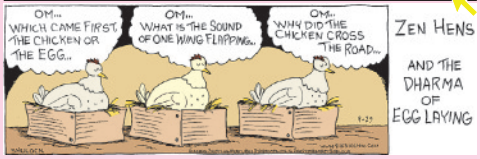
| 3 | 5 | 9 | 8 | 1 | 2 | 6 | 4 | 7 |
| 7 | 6 | 4 | 3 | 9 | 5 | 2 | 1 | 8 |
| 8 | 9 | 2 | 5 | 7 | 1 | 4 | 6 | 3 |
| 1 | 4 | 7 | 6 | 3 | 8 | 9 | 2 | 5 |
| 6 | 3 | 5 | 4 | 2 | 9 | 8 | 7 | 1 |
| 9 | 2 | 3 | 1 | 6 | 7 | 5 | 8 | 4 |
| 5 | 7 | 6 | 9 | 8 | 4 | 1 | 3 | 2 |
| 4 | 1 | 8 | 2 | 5 | 3 | 7 | 9 | 6 |

## On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca




## Metro Recipe of the Day

### Bruschetta Chicken

**INGREDIENTS:**

1/2 cup (125 ml) all-purpose flour
2 eggs, lightly beaten
4 boneless skinless chicken breast halves
1/4 cup (50 ml) grated Parmesan cheese
1/4 cup (50 ml) dry bread crumbs
1 tbsp (15 ml) butter, melted
2 large tomatoes, seeded and chopped
3 tbsp (45 ml) minced fresh basil
2 garlic cloves, minced
1 tbsp (15 ml) olive oil
1/2 tsp (2 ml) salt
1/4 tsp (1 ml) pepper

**METHOD:**

1. Place flour and eggs in separate shallow bowls. Dip chicken in flour, then in eggs. Place in greased 13-in. x 9-in. x 2-in. ( 33 cm x 23 cm x 5 cm) baking dish. Combine Parmesan cheese, bread crumbs and butter; sprinkle over chicken.
2. Loosely cover baking dish with foil. Bake at 375 F (190 C) for 20 minutes. Uncover; bake 5-10 minutes longer or until top is browned.
3. Meanwhile, in bowl, combine remaining ingredients. Spoon over chicken. Return to oven for 3-5 minutes or until tomato mixture is heated through.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
**MARCH 21-APRIL 20**
Any insights you may have into how to improve the physical side of your life should be noted down for future reference.

**TAURUS** ♉
**APRIL 21-MAY 21**
Do something creative today, something that shows off your talent for making things happen.

**GEMINI** ♊
**MAY 22-JUNE 21**
Something you have not been able to get your head around these past few weeks will make perfect sense as from today.

**CANCER** ♋
**JUNE 22-JULY 22**
Even if you are the kind of Cancer who keeps your thoughts to yourself, you will have plenty to say for yourself over the next 24 hours.

**LEO** ♌
**JULY 23-AUG 23**
News you have been waiting for these past few weeks will finally arrive today and put an end to your torment.

**VIRGO** ♍
**AUG 24-SEPT 22**
Mercury, your ruler, is turning direct in you birth sign after a lengthy period of retrograde motion your thoughts will be clear again.

**LIBRA** ♎
**SEPT 23-OCT 23**
You've been living in the past in recent weeks but your forward-thinking attitude over the next few days will more than make up for it.

**SCORPIO** ♏
**OCT 24-NOV 22**
The Sun's transit of the most sensitive area of your chart encourages you to believe that everyone is against you.

**SAGITTARIUS** ♐
**NOV 23-DEC 21**
Like everyone else, you were born with a talent of some kind and your task today, and for the rest of the week, is to take that talent and do something with it.

**CAPRICORN** ♑
**DEC 22-JAN 20**
Your mind is about to switch itself on again. Not that it's been switched off completely but it does seem to have been operating at reduced capacity.

**AQUARIUS** ♒
**JAN 21-FEB 18**
What takes place over the next few hours will present you with a solution to a problem you thought was insoluble.

**PISCES** ♓
**FEB 19-MARCH 20**
According to the planets, you have been talking at cross purposes with a friend and that is why there has been a certain amount of tension in your life.

TAKE A BREAK FROM WORK
Visit metronews.ca to watch
metrotube of the day

## This day in history

SEPT. 29, 1941: World War II: Holocaust in Kiev, Ukraine: German Einsatzgruppe C starts Babi Yar massacre. According to one report, at least 33,771 Jews from Kiev and its suburbs are killed at Babi Yar on Sept. 29 – 30, 1941.
SEPT. 29, 1943: World War II: U.S. General Dwight D. Eisenhower and Italian Marshal Pietro Badoglio sign an armistice aboard the Royal Navy battleship HMS Nelson off Malta.
SEPT. 29, 1949: The Communist Party of China writes the Common Programme for the future People's Republic of China.
SEPT. 29, 2008: Following the bankruptcies of Lehman Brothers and Washington Mutual, The Dow Jones Industrial Average falls 777.68 points, the largest single-day point loss in its history.

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$1269
Taxes & other fees (including service charges): $245

## Los Cabos
Crowne Plaza Los Cabos Grand Faro • 4 1/2★
All-Inclusive
Deluxe oceanview rm.
Dec. 27 • 1 wk.
$1459
Taxes & other fees (including service charges): $266

## Cancun / Riviera Maya
Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 2 • 1 wk.
$1229
Taxes & other fees (including service charges): $245

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Barceló Ixtapa Beach • 4★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$1429
Taxes & other fees (including service charges): $263

## Jamaica
Gran Bahia Principe Jamaica • 4 1/2★
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Dec. 25 • 1 wk.
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Taxes & other fees (including service charges): $256

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$1769
Taxes & other fees (including service charges): $212

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FREE advance seat selection
$1799
Taxes & other fees (including service charges): $256

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Oceanview rm.
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Taxes & other fees (including service charges): $87
Price based on Tues.-Thurs. departures

**Almond Casuarina Beach Resort • 4★**
All-Inclusive • Standard rm.
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$2239
Taxes & other fees (including service charges): $87
Price based on Tues.-Thurs. departures

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